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Street poet

PICKING UP THE PIECES with the power of words

PAGE 4

Street poet Robert Pottie checks over a poem in progress as he displays his personally bound poetry books outside a downtown coffee shop. GRAHAM LANKTREE/METRO

What sentence for Christmas Eve arson?

Manslaughter. Deadly blaze killed two women in 2009

JESSICA SMITH
jessica.smith@metronews.ca

Defence lawyer Matt Weber says his client, Ali Issaky, never intended to hurt anyone.

But with a lighter flick Issaky set a Christmas wreath on fire, killing two women in an Alta Vista highrise in 2009.

Issaky pleaded guilty to two counts of manslaughter in connection with the fire that killed Margaret Ikkers, 57, and Lillian Saumur, 79. On Wednesday a judge heard arguments about what Issaky's sentence should be.

Issaky went to a friend's apartment on the second floor of 1695 Playfair Ave. in the early-morning hours of Christmas Eve after celebrating his 23rd birthday at a bar.

As he left a friend's apartment at about 4:15 a.m., he began waving his lighter around while "smiling and giggling," according to a statement of facts before the court. Issaky spotted a wreath on the door of Unit 211 and lit it on fire. A friend saw "a small flame and a wisp of smoke," but thought the fire would go out and the group left.

Ikkers died in the fire about 50 feet from her door and Saumur died in hospital on Boxing Day.

Issaky has been in custody since his arrest. The Crown wants him to serve another five and a half years. The defence is asking he serve another year to 18 months.

Weber read part of a presentence report, which found Issaky has empathy for the victims and their families and said he expressed apparently sincere remorse for his actions, which he described as "stupid."

Flaws in OC Transpo app

Overshadowing the release of the anticipated new transit app, glitch found giving inaccurate arrival times

PAGE 3

Senators' magic pairing

Will Ottawa have the resources to keep defencemen Erik Karlsson and Filip Kuba?

PAGE 35

Home & Garden Show

This year's hottest trends

SPECIAL SECTION

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Bus-tracking app has a few glitches, transit chief says

MyTransit-OC Transpo. Best not to count on arrival times on new transit app until problems are worked out

Flaws in OC Transpo's GPS data overshadowed the much-anticipated release on Wednesday of the commission's new app for Apple mobile devices.

The glitch can cause performance reports to say buses are arriving early when they are in fact on time.

The problem didn't prevent the transit commission from releasing the MyTransit-OC Transpo app in the Apple App Store, nor will it affect the release of open GPS data to developers on Thursday.

"The data that we're releasing now is not perfect," said Diane Deans, transit commission chair. "It is better than it was and it will become better in the future," she added.

Deans said the app is "version 1.0," meaning it's a first iteration and open to improvement.

"Apps change and we get feedback from our customers and we would expect continuous improvement in the app over time."

OC Transpo said it will release an application programming interface for developers on Thursday, as promised, so they can start creating their own apps on a variety of mobile platforms. JOE LOFARO/METRO

Work in progress

"Apps change, and we get feedback from our customers and we would expect continuous improvement in the app over time."

Diane Deans, transit commission chair
On some of the out-of-sync arrival times.

OC Transpo general manager John Manconi and transit commission chair Diane Deans take questions from the media after the commission meeting on Wednesday. JOE LOFARO/METRO

What's wrong with the data?

OC Transpo's John Manconi says "real-time" GPS data is sometimes delayed by a few minutes and has to catch up.

"There are some times it's reporting perfectly and there are other times when the GPS data is being backed up," he said. "It's not lost, it's just on hold, and then it's catching up and that's affecting the reporting back to the schedule."

The city is working on a solution, but Manconi said he doesn't know when the problem will be resolved. JOE LOFARO/METRO

Latest OC Transpo app a big jump on forerunners

Metro Ottawa's digital reporter Graham Lanktree tries out the new OC Transpo app. SEAN MCKIBBON/METRO

Standing at the busy transit stop near the corner of Slater and O'Connor streets, I came to the conclusion that OC Transpo's new MyTransit app held up admirably, especially in comparison to its clunky predecessors.

Buses were arriving mostly within times pulled from GPS data, but some were a few minutes early or late.

Where past apps attempted to show where buses were on the road, this one focuses on the essential question: When will my bus arrive?

Available for free for Apple devices on iTunes, the app lets users find the nearest stops within 700 metres, overlaying data on Google maps.

Clicking on a stop, riders can scroll to find their bus number. But some busy transit stops list buses that don't arrive there, and it can feel awkward scrolling through the long list to find the bus you're looking for.

The app is a huge improvement over its predecessors, which didn't have live updates about delays, cancellations and detours. If OC Transpo continues to make improvements, it will have a tool that makes using the city's outdated bus system less of a headache. GRAHAM LANKTREE/METRO

MyTransit features

- **Bus info.** Enter route numbers, scroll through stops and find approximate arrival times for the next three buses.
- **Fares.** Includes prices for all riders on regular, express and rural routes.
- **Feedback.** Send feedback to the app developers.
- **Contacts.** Includes information for Para Transpo, customer service and security.

1 NEWS

Mobile news

A recent study reveals Canadians are more willing than Americans to sift through promotional emails in exchange for cut-rate deals. Scan the code for the story.

On the web

Ramsay skewers ex-resto

Celebrity chef Gordon Ramsay served his former Montreal restaurant with a $2.7-million dollar lawsuit Wednesday. For more about the chef known not only for his delicatessens, but also for his feisty demeanour, go to metronews.ca/video

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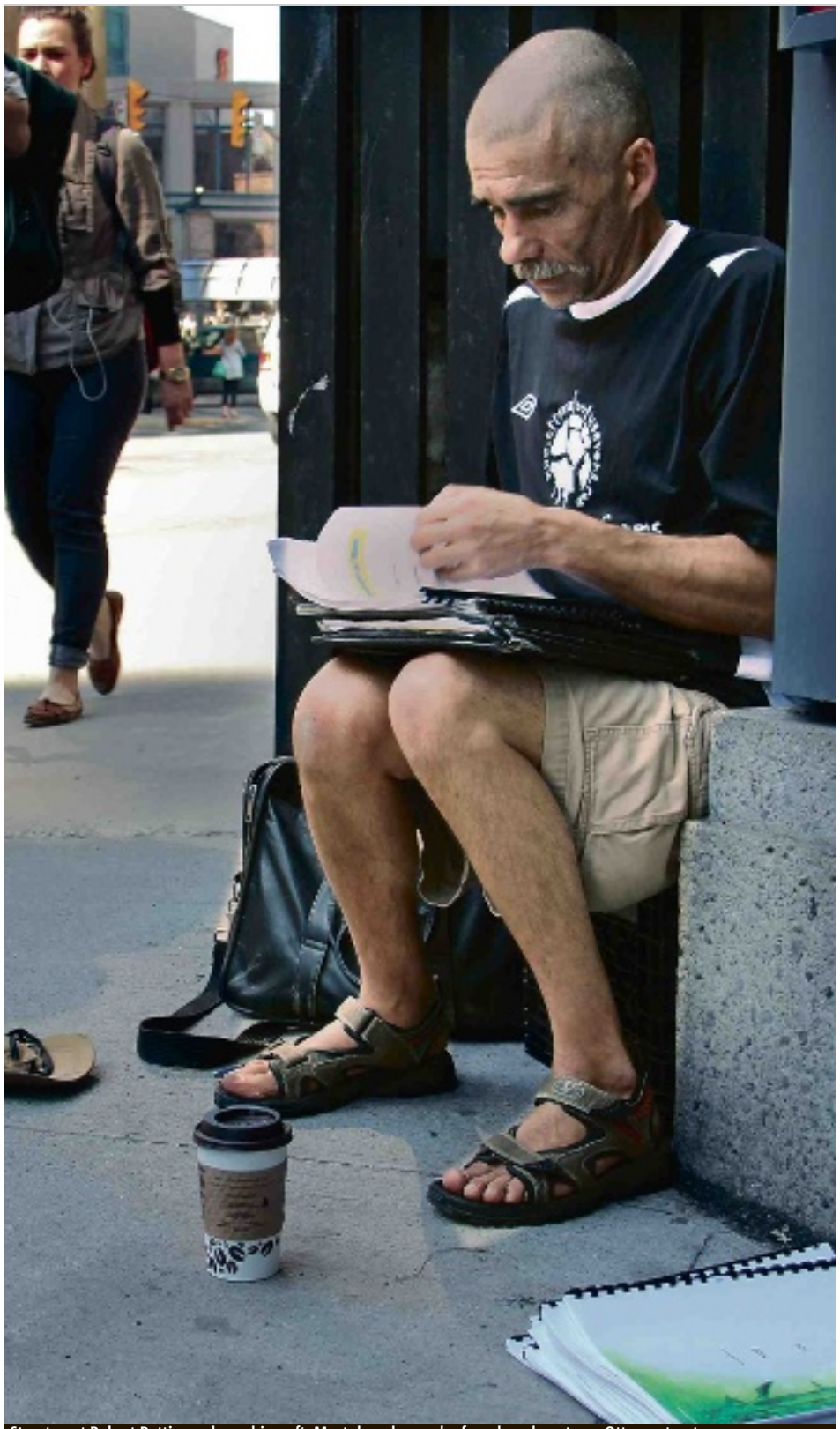

Street poet Robert Pottie works on his craft. Most days, he can be found on downtown Ottawa street corners or in front of coffee shops selling personally bound copies of his work. GRAHAM LANKTREE/METRO

Out of 'pain and guilt,' hope lives on a street corner

Words to build a dream on. Local poet Robert Pottie believes words have immense power, and he wants to use them to make the world a better place

GRAHAM LANKTREE
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With a store of more than 1,400 poems written since his wife became paralyzed in a mountain-bike accident in 2007, local poet Robert Pottie says he has been slow to pick up the pieces and put his life back together.

"I'm trying to get off disability by working with Performance Plus, who help people like me who want to do something with their lives," said Pottie, who has an eighth-grade education and lives in assisted housing in Centretown.

Most days, Pottie can be found in front of coffee shops, on downtown Ottawa street corners, selling a collection of personally bound copies of his work spread out before him.

He says one of his books, 2010's The Poet in Search of Hope, has even been picked up by the Ottawa Public Library.

After his wife died in May 2008, Pottie says he has turned to writing poems that address issues such as AIDS, drunk driving, climate change and human relationships.

"I have a lot of pain and guilt after the accident," he said.

"The most powerful thing in this universe is words.

"I wrote a poem about the dangers of drunk driving.

"If it can save someone's life, can get someone to rethink a decision, that's what it's all about."

With a filing cabinet at home brimming with unpublished work, Pottie says his hope for the future lies in publishing those words.

The man with a mission

"If it can save someone's life, can get someone to rethink a decision, that's what it's all about."

Ottawa street poet Robert Pottie,
who uses words to address the world's major issues.

The power of words

The steps of the Sally Ann

A FIRE ENGINE HORN
IS HEARD IN THE DISTANCE
FIFTY FEET AWAY
THE ECHO OF A SLAP
TURNING MY HEAD
A WOMAN IN A RAGE
DANCING
THE DANCE OF CRACK
WITH THE VOLUME ON
ZERO
A DEALER
WALKS BY
WITH FOUR CLOSE BEHIND
A FLURRY ERUPTS
SWARMED WITH CHANGE
BILLS
AND FALSE PROMISE

—Misery at its Best, by Robert Pottie, Sept. 20, 2008

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Budget cuts will cost lives: PSAC

Federal budget. Union launches dramatic anti-austerity campaign a week prior to federal budget

JESSICA SMITH
jessica.smith@metronews.ca

Canada's largest public-sector union is warning deep cuts to the federal budget will result in contaminated food, suffering veterans and lives lost at sea.

Speakers at a Public Service Alliance of Canada press conference Wednesday described a range of perils to Canadians resulting from cuts.

Marianne Hladun, a food inspector from Saskatoon, said smaller inspection budgets and the shift inspection by industry puts Canadians at risk.

"This isn't about me trying to save my job," she said. "This is about trying to save lives."

Former food inspector Paul Caron recounted horror stories of food contaminated by toxic chemicals, meat with pathological defects and rats scurrying out of a shipment of coffee "wide-eyed from all the caffeine."

Canadians at risk

"This isn't about me trying to save my job. It's about trying to save lives."
Marianne Hladun, food inspector

Todd Broomfield, an Inuit hunter, told of his dramatic rescue off the coast of Labrador aided by the St. John's Marine Rescue Sub-Centre, which the federal government has decided to close.

"Newfoundland and Labrador has a long coastline," he said. "It's exposed, it's rugged — surely our government can afford to keep a rescue centre in St. John's that provides such a valuable service."

Michael Blais, president of Canadian Veterans Advocacy, said the growing number of modern-conflict vets are waiting too long for help for complex war-related disabilities. Budget cuts to Veteran's Affairs lead to a longer wait, he said.

"The cries of veterans who have served in the killing fields of Rwanda, who have born witness to the horrific genocidal terror of the former Yugoslavia, who experienced the harsh blinding reality of Afghanistan … are not being heard," he said.

Michael Blais, president of Canadian Veterans Advocacy, speaks at a Public Service Alliance of Canada press conference in Centre Block on Wednesday.
JESSICA SMITH/METRO

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Departs Mar 24/nol/ts.

Cancun 7 Nights 4-Star $485
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Puerto Vallarta 7 Nights 4-Star $499
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Departs Mar 25/acv/ac.

Jamaica 7 Nights 5-Star $669
Gran Bahia Principe Jamaica — + taxes & fees $349
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Canada

Montreal 3 Nights $195
Nouvel Hotel and Spa — taxes & fees included
INCLUDES central accom near the Bell Centre. Travel Mar 27/ggv. **UPGRADE** to 4-star Hotel Gouverneur Place Dupuis for $20 per night. **ADD** city tour for $55.

Vacations

London Air + 6 Nights $514
Ambassadors Hotel — + taxes & fees $575
INCLUDES central accom near Knightsbridge, Chelsea and Hyde park. **BONUS** daily breakfast included. Departs May 8/vat/ts. **ADD** London Eye Ticket Fast Track for $49.

Milan Air + 6 Nights 4-Star $878
Holiday Inn Milan Garibaldi Station — + taxes & fees $563
INCLUDES accom near the Old City. **BONUS** daily breakfast included. Departs May 15/ggv/kl. **UPGRADE** to 4.5-star Sheraton Diane Majestic for $56 per night. **ADD** Fox Town outlet shopping for $33.

Buenos Aires Air + 8 Nights $1258
Hotel de las Americas — + taxes & fees $542
INCLUDES central accom near Plaza Libertad. **BONUS** daily breakfast included. Departs May 18/ggv/ua. **UPGRADE** to 4-star Sheraton Libertador Buenos Aires for $28 per night. **ADD** city tour for $113.

USA

Las Vegas Air + 3 Nights $339
Excalibur — + taxes & fees $134
INCLUDES accom on the Strip. Departs Apr 16/wsv/ws. **UPGRADE** to 4-star Luxor for $14 per night. **ADD** Vegas Passport Bachelor/Bachelorette Party for $78.

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INCLUDES airfare from Montreal and beachfront accom in Lauderdale-By-The-Sea. Price per person based on family of 4. Departs Apr 11/thn/ts. **BOOK** this package based on double occupancy for $389.

New Orleans Air + 5 Nights $627
Holiday Inn French Quarter — + taxes & fees $133
INCLUDES French Quarter accom. Departs Apr 15/ggv/dl. **UPGRADE** to 4-star Royal Sonesta Hotel for $18 per night. **ADD** harbour cruise for $26.

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TICO

Firefighters put out a house fire at 226 Rochester St. Wednesday morning. JOE LOFARO/METRO

10 people lose home in fire

Rochester Street. Family's cat killed in blaze, but no human injuries

JOE LOFARO
joe.lofaro@metronews.ca

An early-morning fire on Rochester Street near Little Italy rendered uninhabitable a building 10 people called home on Wednesday.

Ottawa Fire Services Chief Shawn O'Neill said he received a call at about 6 a.m. to 226 Rochester St.

A family of eight and two other adults who lived in a separate unit were already outside the home upon the firefighters' arrival.

O'Neill said the fire may have started in a garage that was attached to the rear of the home.

There were no reported injuries, he said.

Ottawa police closed Rochester Street between Gladstone Avenue and Poplar Street just after 6 a.m. as emergency crews doused the fire.

Ottawa Fire Services spokesperson Marc Messier said the fire extended into the home through the exterior walls and spread into the rear of the second-floor apartment.

The fire caused extensive fire damage to the garage and upper apartment.

There was also heavy smoke damage to the second-floor apartment and minor smoke damage and water damage on the main level apartment.

Something borrowed. When it comes to art, don't buy — rent

You don't need a thick stack of cash to put original art on your walls. Instead of buying, why not rent a piece from a local artist?

That's the thinking of Ross Maxwell, co-ordinator of Art Lending Ottawa, a community group that lends out art by Ottawa artists.

On Wednesday the group held an open house at First Unitarian Church featuring new work by 30 artists from throughout the city.

"I have people who have a space in their house and come in monthly to rent new pieces," said Maxwell, "Doctors and dentists often drop by, too, every six months, and get six or seven pieces to change up their offices."

Pieces range from as low as $12 a month and can be rented for up to a year. And the work is juried, so artists need to be skilled to have their work displayed.

Maxwell said the group mostly offers abstract pieces and traditional landscapes, but that some sculptures can be had as well.

"One of the most interesting pieces we've had was actually made up of spores under plate glass," he said. "Its colours were always changing. I'm not sure how the artist did it, but it never looked the same."

The group will be back next month with another show of new work.

GRAHAM LANKTREE/METRO

Juvenile delinquent. Gatineau cops led on high-speed car chase

A 16-year-old girl stole a Garda security van Tuesday evening and led cops on a high-speed chase on Highway 50, Gatineau police said.

Gatineau police spokesperson Pierre Lanthier said Garda security guards transported a girl from a youth correctional facility on Chemin Freeman to hospital to receive treatment after she said she was ill.

When the guards turned their backs, the girl stole the van and drove away at around 10:30 p.m., Lanthier said.

It wasn't until 1:40 a.m. Wednesday police tracked her down as she was travelling on Highway 50. They stopped her with a spike belt but the stolen van hit two police cruisers before it came to a stop.

Lanthier said she tried to hit a police officer with the stolen van. She was arrested at 1:44 a.m. and taken into custody.

She faces charges of theft of an automobile, assault with a weapon and mischief.

She was to appear in juvenile court Wednesday.

JOE LOFARO/METRO

YCJA

Under 18

The girl cannot be named under the Youth Criminal Justice Act.

Weapons seized

Youths arrested in drug sting operation

An Ottawa teen and 20-year-old man have been charged with drug trafficking and possession of a handgun after they allegedly sold crack to an undercover cop in a sting in the Heatherington and Albion Road area yesterday.

Al-Shammari Ahmed of Ottawa, and a boy who cannot be named under the Youth Criminal Justice Act, were arrested after officers from the direct-action response team found a nine-millimetre Glock pistol with ammunition, and $1,540 in cash during a search of their vehicle. Crack was also seized.

The pair have been charged with eight separate offences and both were to appear in court Wednesday.

GRAHAM LANKTREE/FOR METRO

Smoke inhalation

House-basement fire causes $500K in damages

A basement fire at 352 Mockingbird Dr. forced four people from their home in Orleans in the early hours of Wednesday morning.

Fire officials said three of the people were assessed for smoke inhalation, and the contents and structure of the carriage-style home with attached garages suffered an estimated total of $500,000 in damage.

The cause of the two-alarm fire is under investigation.

METRO

MacMaster bringing a taste of East Coast to Ottawa audience

NAC. Musician Natalie MacMaster speaks with Metro on the phone from Philadelphia, her one-year-old daughter Julie on her knee, about what it means to be a Cape Breton Girl

JESSICA SMITH
jessica.smith@metronews.ca

Natalie MacMaster AARON HARRIS/THE CANADIAN PRESS

Fiddler Natalie MacMaster will show Ottawa the heart of a Cape Breton Girl — the title of her latest album — when she performs at the National Arts Centre this week.

"I'm trying to make it so it doesn't sound like a bad thing," she said, pondering what the title represents. "It's someone who isn't overly refined.

"Cape Breton people are real. They are what there are and they're proud of it. It's a humble pride, they love what they have, but they're not all cocky about it."

Her not overly refined fiddle music will be accompanied by the world-class NAC Orchestra.

"I had always wondered, 'How is that going to work?' But if you get someone to arrange it properly, it's a beautiful thing," she said.

Principal pops conductor Jack Everly will lead the NAC Orchestra, along with vocalists, Irish step dancers and traditional Irish instrumentalists, for three shows with MacMaster, March 22-24.

Juno Awards

NAC to pay tribute

The National Arts Centre and the Canadian Music Centre will present a free tribute concert to Canadian Juno Award nominees in classical categories March 30. Classical Junos in Concert will take place in the main foyer of the NAC at 3:30 p.m.

The concert will feature Juno-nominated performers Susan Hoeppner, Heather Schmidt and the New Orford String Quartet, along with music by Juno-nominated composers Jacques Hétu, Ann Southam, Schmidt and Derek Charke. Christina Petrowska Quilico, who performed on the recordings of Schmidt's piano concerto, will also perform. METRO

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Kony 2012 director diagnosed

In recovery. Jason Russell in hospital with brief reactive psychosis due to 'shock,' says wife

The director of a wildly popular video about brutal African warlord Joseph Kony has been diagnosed with a mental condition triggered by trauma or stress and is expected to stay in the hospital for weeks, his wife said Wednesday.

Jason Russell, 33, director of the Kony 2012 video that has been viewed more than 84 million times on YouTube, was hospitalized last week in California after witnesses saw him running through streets in his underwear, screaming incoherently and banging his fists on the pavement.

Russell was given a preliminary diagnosis of brief reactive psychosis,

"Doctors say this is a common experience given the great mental, emotional and physical shock his body has gone through in these last two weeks. Even for us, it's hard to understand the sudden transition from relative anonymity to worldwide attention — both raves and ridicules, in a matter of days," wife Danica Russell said in a statement. THE ASSOCIATED PRESS

Invisible Children

Invisible Children is a group co-founded by Russell to fight war crimes in Africa.

- **Criticism.** Detractors say the group's video oversimplified the conflict involving Kony.
- **Defence.** The group says the video is merely a "first entry point" to the issue.

Mauritania

African nation denies extradition

A high-ranking government official from Mauritania is denying that the country agreed to hand over one of Moammar Gadhafi's ex-intelligence chief for trial in Libya.

His comment comes after Libya's spokesman said Mauritania was planning to extradite Abdullah al-Senoussi back to Libya.

THE ASSOCIATED PRESS

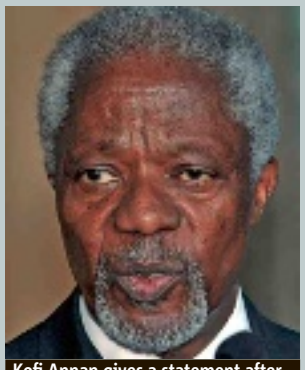
Syria

Security Council calls for ceasefire

UN Security Council diplomats said Wednesday they have agreed on a council statement backing envoy Kofi Annan's efforts to end the yearlong bloodshed in Syria.

The non-binding statement calls for a ceasefire in Syria and opening conflict areas to humanitarian aid.

THE ASSOCIATED PRESS



Kofi Annan gives a statement after his address to the Security Council.
MARTIAL TREZZINI/THE ASSOCIATED PRESS

On the trail

Romney expected to win nomination

The Republican establishment is increasingly lining up behind Mitt Romney in the race to choose a candidate to challenge U.S. President Barack Obama, finally giving clarity to a long and grinding nominating contest that has exposed deep divisions within the party.

THE ASSOCIATED PRESS

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Standoff with suspected terrorist leads to firefight

On Wednesday French police attempted to apprehend a suspect in the shooting at the Ozar Hatorah Jewish school. THE ASSOCIATED PRESS

French riot police set off explosions outside an apartment building early Thursday in an effort to force the surrender of a gunman who boasted of bringing France "to its knees" with an al-Qaida-linked terror spree that killed seven people.

As the standoff dragged into a second day, hundreds of heavily armed police, some in body armour, cordoned off the five-storey building in Toulouse where the 24-year-old suspect, Mohamed Merah, had been holed up.

Authorities said he told negotiators he killed a rabbi and three young children at a Jewish school on Monday and three French paratroopers last week to avenge the deaths of Palestinian children and to protest the French army's involvement in Afghanistan, as well as a government ban last year on face-covering Islamic veils.

Prosecutor Francois Molins said Merah was a self-taught radical Salafi who had been to Afghanistan twice and had trained in the Pakistani militant stronghold of Waziristan.

In the negotiations, which started Wednesday, Merah "expresses no regret, only that he didn't have time to have more victims," the prosecutor said.

Late Wednesday, Interior Minister Claude Gueant told France-2 TV that Merah planned to turn himself in at night "to be more discreet."

Those slain at the Jewish school, all of French-Israeli nationality, were buried in Israel on Wednesday as relatives sobbed inconsolably. The bodies of Rabbi Jonathan Sandler, his sons Arieh, 5, and Gabriel, 3, and eight-year-old Myriam Monsenego had been flown there earlier in the day.

At the funeral ceremony, Myriam's brother, Avishai, in his 20s, wailed and called to God to give his parents the strength "to endure the worst trial that can be endured."

Palestinian Prime Minister Salam Fayyad, meanwhile, denounced the shooting at the Jewish school and condemned the link to Palestinian children.

"It's time for criminals to stop using the Palestinian cause to justify their terrorist actions," Fayyad said. "The children of Palestine want nothing but dignified lives for themselves and for all the children."

THE ASSOCIATED PRESS

Family members react Wednesday during the funeral of the victims of Monday's shooting in Toulouse, France. SEBASTIAN SCHEINER/THE ASSOCIATED PRESS

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Mulcair looks to wrap up top NDP job

Politics. Montreal MP seen as front-runner as Saturday's NDP-leadership vote approaches — but uncertainties remain

He hesitated at the starting gate, but after a seven-month marathon Thomas Mulcair is leading the pack as it pounds down the home stretch of the federal NDP leadership race.

The only question is whether he can be nipped at the wire.

Inside bettors suggest probably not. But the NDP's complicated process for selecting a successor to the late Jack Layton makes it difficult to handicap the outcome with any confidence, even at this late stage.

Whether any of his six rivals can beat the Montreal MP to the finish line Saturday depends on a host of unpredictable factors, including how many of the 131,000 eligible New Democrats actually vote, how far ahead Mulcair is on the first ballot, the order in which trailing contenders drop off the ballot and whether their supporters move primarily to one candidate or scatter.

Most difficult to predict are the individual choices tens of thousands of New Democrats are making — in the privacy of their own homes, free of the group-think and the hoopla of Saturday's convention in Toronto — as they mark their ballots.

THE CANADIAN PRESS

Advance voting

43K

As of Wednesday morning, 43,000 had voted in advance, online or by mail, ranking their preferences from first through seventh. Assuming a high voter turnout of 70 per cent, that means almost half had voted early, with tens of thousands more ballots expected to pour in until advance voting is cut off at 11 a.m. Friday.

Kickin' back as temperatures surge

International-development student Ariane Michaud enjoys the warm weather as she hangs out at Dalhousie University in Halifax on Wednesday. Canadians from coast to coast are enjoying an unseasonably warm start to spring, with temperatures expected to be as high as 27 C in some parts of the country on Thursday. RYAN TAPLIN/METRO IN HALIFAX

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Urban beekeeper on the hunt for colony

Sharon Woodhouse and her son Joel Woodhouse, urban beekeepers, are on the hunt for part of their honeybee colony. CANDICE WARD/FOR METRO

Lost in Sunalta. One Calgary resident is asking her community to be on the lookout for missing honeybees

KATIE TURNER
Metro in Calgary

There's a lot of buzz in the downtown Calgary community of Sunalta surrounding a colony of bees that may be missing.

Urban beekeeper Sharon Woodhouse said for the last two years, her yard has been home to a colony of honeybees. Her intention is to strengthen the honeybee population. "There's been talk of the bee population declining and how important they are to our food sources and I just thought it was a really great thing to do," she said.

Late last summer, Woodhouse said she noticed the bee population was declining from the estimated 30,000 she believes were once in the hive.

Assuming part of the colony split because the hive was crowded, Woodhouse said she didn't think much of it until recently with the beginning of spring now here.

"My biggest fear was if somebody found the bees, say if they had flown into a garage or if they were in a nook underneath the roof and started to build a home, that people would see it and get scared," she said.

Knowing honeybees usually have a five-kilometre radius, Woodhouse sent a note to her neighbours in Sunalta through the community association and hopes if her colony is found she can pick them up rather than having someone exterminate them.

"I'm hoping around April they'll start to get a little bit more active as it warms up," she said. "Honey bees are not hunters; they're pollen gatherers.... They're absolute marvels of nature and I didn't want people to be frightened."

Honeybee watch

Woodhouse is asking anyone who may see honeybee activity in Sunalta to email swoodhouse@telus.net.

- **Woodhouse estimates** that around 100 pounds of honey was generated from the single hive in her yard last year.
- **Honeybee hives are** made of wax, while wasps nests are made primarily from paper pulp.

Evidence

Jury in Stafford trial sees McClintic police interview

A police video showing a tearful Terri-Lynne McClintic saying she stood watching, frozen as her boyfriend sexually assaulted and killed eight-year-old Victoria Stafford was shown Wednesday to a jury that's been told it can now treat it as evidence.

The videotaped interview from May 24, 2009 — days after she and boyfriend Michael Rafferty were charged in the death of the Grade 3 student — provides a very different account of who killed Tori from McClintic's testimony in court.

In court last week McClintic said all the details about Tori's death that she had previously described were accurate, except that it was she, not Rafferty, who wielded the hammer.

THE CANADIAN PRESS

Possible appeal

Crown reviewing Graham James sentence

A spokesperson for Manitoba Justice says the Crown is reviewing the prison sentence handed to disgraced junior hockey coach Graham James for sexual abuse.

The Crown has 30 days to decide whether to appeal.

James was sentenced Tuesday for repeated sexual assaults on retired NHL star Theo Fleury and his cousin, Todd Holt, when the two played junior hockey for James in the 1980s and '90s.

The sentence sparked immediate outrage across the country from people who suggested it is too lenient.

James could be eligible for day parole in September and full parole in November. THE CANADIAN PRESS

Police raids

Que. firefighters arrested on pot, contraband charges

It's alleged that in one small Quebec town, firefighters didn't just put out flames — they also helped many, many people light up.

Four firefighters have been arrested in a broader crackdown against marijuana and contraband cigarettes in Quebec, following a series of raids Wednesday that even saw a municipal fire hall targeted.

The town mayor says they were excellent firemen. Provincial police say they were even more prolific sellers of pot and illegal smokes.

The four volunteer firefighters were among 23 people arrested in police raids that took place in a number of Quebec towns.

THE CANADIAN PRESS

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Sombre memorial for bus crash victims

Funeral. Belgium mourns for 28 killed, most of them children

King Albert II and thousands of mourners on Wednesday remembered the 28 victims of last week's bus crash in a Swiss tunnel during a memorial service centring on the 22 schoolchildren whose promise of youth was shattered by sudden death.

Under a sparkling sky, in Lommel, Belgium, soldiers took part in a solemn procession that carried 15 coffins into a 5,000-capacity hall. The brown casket contained the remains of a teacher, the 14 white ones held the bodies of children who were on the cusp of their teenage years.

The students and the teacher were from one of two schools in northern Belgium that shared a bus for a traditional "snow class" vacation in Switzerland. They were returning from that exuberant holiday on March 13 when tragedy struck. Their bus, carrying 52 people, slammed into a tunnel wall. In addition to the dead, 24 children were injured.

The cause of the crash remains under investigation.

A separate service will be held Thursday for the victims from the other school, in the town of Heverlee.

Three girls who were on the trip remain in Switzerland. They were badly injured, but they have regained consciousness and are out of immediate danger. THE ASSOCIATED PRESS

Loss

"Is there something worse than parents who lose what they love most?"

Peter Vanvelthoven
Mayor of Lommel, Belgium

Mourners watch a memorial service on a video screen outside an arena in Lommel, Belgium, on Wednesday. ERMINDO ARMINO/THE ASSOCIATED PRESS

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Somalia kidnapping

Hostage released but learns of husband's death

Somali pirates holding a British woman hostage for six months gave her medicine but did not tell Judith Tebbutt they had killed her husband during an attack on their Kenyan beach resort.

Pirates freed Tebbutt on Wednesday after reportedly being paid a ransom. Gunmen killed her husband, David Tebbutt, during the September kidnapping attack, but Tebbutt did not learn of the death for two more weeks.

"I just assumed he was alive," Tebbutt said haltingly in a video broadcast by the BBC, adding that her son told her of the killing. THE ASSOCIATED PRESS

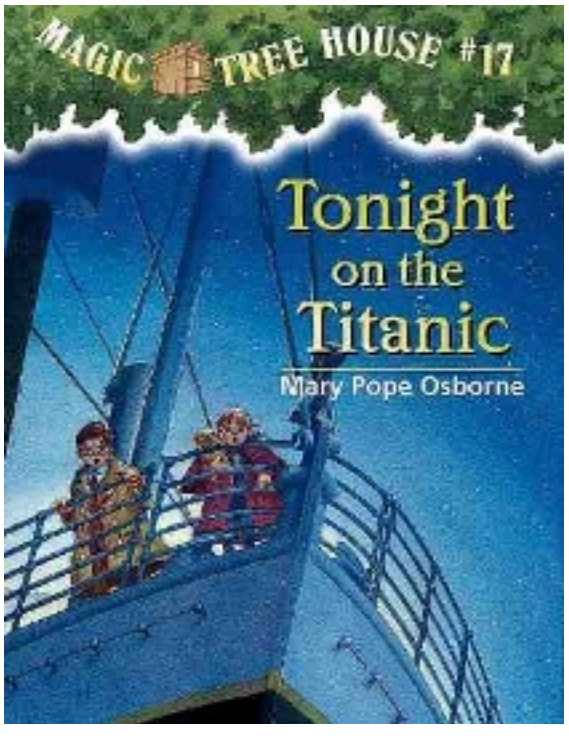
Unarmed teen killed

Rights groups demand arrest in shooting

Civil rights leaders in the U.S. pressured authorities to make an arrest in the case of an unarmed black teenager shot to death by a neighbourhood-watch captain after declaring victories in getting federal and state officials to investigate.

The case has become a nationwide sensation and ignited a furor against the police department of the Orlando suburb of Sanford, where 17-year-old Trayvon Martin was shot last month. It has prompted rallies around the state and a protest in Gov. Rick Scott's office Tuesday. U.S. Justice Department has opened a civil rights probe into the shooting.

THE ASSOCIATED PRESS



Titanic tales for kids

In the lead-up to the 100th anniversary of the sinking of the Titanic, many parents, teachers and writers of children's books are balancing potentially scary details with more inspirational fare focused on survivors. Mary Pope Osborne's children's book, Tonight on the Titanic, is aimed toward 6- to 10-year-olds and features her kid characters Jack and his sister, Annie. CONTRIBUTED/RANDOM HOUSE BOOKS FOR YOUNG READERS

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Housing numbers

U.S. home sales rise this winter

U.S. sales of previously occupied homes dipped last month, but the sales pace for the winter was the best in five years.

The National Association of Realtors says home sales fell 0.9 per cent last month to a seasonally adjusted annual rate of 4.59 million. That followed a revised 4.63 million sold in January — the highest level since May 2010.

The last three months have been the best for winter sales in five years.

The progress is encouraging ahead of the spring buying season, although sales remain below the 6 million that economists equate with healthy markets. THE ASSOCIATED PRESS

U.S. home sales hit five-year high.
ALEX BRANDON/THE ASSOCIATED PRESS

Economic ties

Harper to talk business, security on Asia trip

Prime Minister Stephen Harper left Wednesday for Asia, where he'll be talking business in Japan and Thailand over the next few days.

He is expected to announce the start of free trade talks with one nation and exploratory negotiations with the other before heading to a nuclear security summit in Korea.

Spokesman Andrew MacDougall says there is much eagerness to expand economic ties beyond the already deepening relationships with China and India.

THE CANADIAN PRESS

Prime Minister Stephen Harper
SEAN KILPATRICK/THE CANADIAN PRESS

Twitter turns six with over 100M users

Tech trends. Twitter's influence in society and the media has grown since its launch six years ago

Twitter is now six years away from that first 140 characters-or-less tweet from co-founder Jack Dorsey: "Just setting up my twttr."

Six years ago, the company had just five employees. Now there are more than 800 and they aim to have 1,000 by the end of the year.

It took three years, two months and one day to reach a billion tweets on the site. In 2011, 60 billion tweets were sent out.

Twitter has grown over the years to more than 100 million users right now (though Facebook has more than 800 million).

The social network has wormed its way into mainstream society and the media.

Late NDP leader Jack Layton made his infamous reference to "Hashtag Fail" during one of the election debates. People no longer just watch live television, they participate online, tweeting up a storm during events like the Grammys and the Superbowl.

Along with Facebook, it even became a symbol of a new generation during the Arab Spring uprising.

But for all that, Twitter hasn't changed human nature, it has just made it easier to establish the connections we naturally want to make, says Anatoliy Gruzd, director of the Social Media Lab at Dalhousie University.

TORSTAR NEWS SERVICE

Network know-how

Six ways Twitter has changed the way businesses work:

- Consumer focus groups
- Interaction with customers
- Power of word of mouth
- Evaluating employees
- Tracking competition
- Job searches

Mad Men take stock in Manhattan

Actor Jon Hamm, centre, is flanked by actress January Jones and Matthew Weiner, creator of hit television series Mad Men, as he takes a photo with his cellphone during opening bell ceremonies at the New York Stock Exchange on Wednesday. The show is scheduled to premiere its new season this Sunday. RICHARD DREW/THE ASSOCIATED PRESS

Yahoo. Investor pushing for own board members

Major Yahoo investor Third Point LLC, a hedge fund which has a 5.8 per cent stake in Yahoo, said it thinks the struggling company would fare better if its representatives were in the boardroom helping overhaul Yahoo.

Third Point's letter, released in a regulatory filing Wednesday, comes a week after the hedge fund said it would launch a campaign to get its four nominees on the board if Yahoo's management didn't accept them. THE ASSOCIATED PRESS

British budget. U.K. to cut top income tax rate

Britain's finance minister has cut the rate of income tax for the country's wealthiest citizens but imposed a raft of measures to prevent tax avoidance and a hefty new charge on expensive property sales in an attempt to spread the burden of austerity across the U.K's taxpayers.

In his annual budget statement Wednesday, George Osborne said he was cutting the top rate from 50 per cent to 45 per cent by April next year on incomes over $239,000 US a year.

THE ASSOCIATED PRESS

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SPROTT SCHOOL OF BUSINESS

New partnership takes flight

A model of a commercial C919 jumbo jet is displayed at the Asian Aerospace International Expo in Hong Kong in 2009. Bombardier signed an agreement Wednesday to collaborate on forthcoming projects with China's COMAC aircraft manufacturer. VINCENT YU/THE ASSOCIATED PRESS

Air Canada woes concern travellers

Consumer confidence. Some passengers willing to pay more on other airlines to avoid potential service issues

Air Canada has work to do to regain the confidence of passengers following flight cancellations, unresolved labour disputes and the closure of its main repair firm, industry observers said Wednesday.

Jeffrey Bodnarok, who was travelling with his family of six, carefully checked the status of his flight to Punta Cana on Wednesday before making his way to Montreal's Trudeau International Airport.

Bodnarok said he was concerned about the flight after cancellations last weekend, due in part to pilots calling in sick, and this week's closure of aircraft maintenance firm Aveos Fleet Performance.

"I was more concerned that our flight was OK to leave today with what happened this week and everything is good for us," he said at the airport.

Air Canada has been plagued with labour troubles over the past year.

The airline and its pilots and mechanics have been engaged in a bitter contract feud that prompted the federal government to step in earlier this month. Ottawa has also had to intervene in previous labour disputes at the airline.

Travel agent Isabella Caporicci of NDG Travel in Montreal said some nervous passengers have shunned Canada's largest air carrier and switched to alternative airlines in order to avoid any disruption to their travel plans.

Some who view flying with Air Canada as "just too iffy" have even been willing to pay more or endure several airport connections for better service, Caporicci said.

THE CANADIAN PRESS

Market Moment

DOLLAR
100.78¢ US
(-0.05¢)

TSX 12,436.5.7 (+5.79)

OIL $107.27 US (+$1.20)

GOLD $1,651.10 US (+$3.30)

Natural gas: $2.33 US (-0.3¢)
Dow Jones: 13,124.6 (-45.6)

Employment

Report: Promise of pipeline job boom exaggerated

Enbridge's proposed $5.5-billion Northern Gateway Pipeline won't create nearly as many jobs as the company has proposed, says a new report by the Canadian Centre for Policy Alternatives. The report argues that the pipeline will create 1,850 construction jobs per year for three years and a "handful of permanent new jobs" when complete. THE CANADIAN PRESS

Oklahoma

Obama to call for fast-tracking of Keystone leg

U.S. President Barack Obama is ordering federal agencies to expedite the approval process for the southern leg of TransCanada's Keystone XL pipeline.

The president is expected to direct the agencies to fast-track the pipeline on Thursday in Cushing, Okla., where there's a glut of Midwest oil that can't easily get to refineries on the Gulf of Mexico. THE CANADIAN PRESS

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PUT AN END TO THE ETIQUETTE ARGUMENT

HE SAYS...
John Mazerolle
metronews.ca/hesays

Since Adam and Eve first realized they should slap on a fig leaf if they wanted to appear in children's picture books, humanity has realized the importance of proper manners.

I feel strongly about all things etiquette, which is why I have written the following advice Q&A — a feat never attempted before by a columnist at my skill level.

Q: Should letter writers call you Mr. Manners or Ed Etiquette or what?

- Larry Letterwriter

A: Dear Larry: The works of Emily Post tell us that the proper way to begin a letter to a newspaper columnist include, "Your Excellency," "You sexy thing" and "You may have already won $10 million!"

Q: We have new friends we like and we want to let them know we really appreciate their friendship. If I invite them over, how do I make them feel privileged to be there?

- Chipper & Perky Smith

From the expert:

"As you have new friends, I consider the question outside my expertise. I therefore asked a guy on the sidewalk, who said, 'Verbal re-enforcement is key.'"

A: Dear Chipper and Perky: As you have new friends, I consider the question outside my expertise. I therefore asked a guy on the sidewalk, who said, "Verbal re-enforcement is key." Constantly telling your guests, "You're privileged to be here, you know," in a forceful tone will make a lasting impression.

Q: Where should I put the spoon after dessert? If it's served on a plate with a low rim, do I leave it inside the plate or on the side?

- Cornelius Hiram Flowerbottom III, Esq.

A: Dear Mr. Flowerbottom III, Esq.: I have an excellent suggestion of where you should stick your spoon. Judging from your question, however, I have reason to believe you followed that advice many years ago.

Q: I'm dating one of those ultra-cooks who demands you cut cabbage at the proper angle, constantly serves the internal organs of some creature or other and cuts radish rosettes with a speed and efficiency that makes you wonder how she obtained said internal organs. Recently, we've been arguing because she thinks I'm a slob and I think she's right but don't care. She's been getting picky about things like the proper utensil (I think she made up the "salad spoon"). Anyway, things aren't going well and I still haven't made any headway with her younger sister, so what do I do to clear things up?

- Between a rock and a hot plate

A: Dear Between: The important thing to remember here is that the steak knife — placed just to the right of the napkin — is the sharpest knife. Do what you will.

Q: What's the proper way to say goodbye to people you've strung along under the pretense of giving advice when you were really only filling space in a newspaper column for money?

A: So long, suckers.

Hanging by a thread

FRANCOIS MORI/THE ASSOCIATED PRESS PHOTOS

Expressive

Getting 'hung up' in artistic work

Suspended by wires, Chinese artist Li Wei performs in the sky at La Villette in Paris on Tuesday. Li Wei, born in 1970, in Hubei, China, is a contemporary artist from Beijing. His work often depicts him in gravity-defying situations.

THE ASSOCIATED PRESS

Captivating

Some of his stunts are hair-raising

The artist has produced several self-portraits that involve his face reflected in mirrors in public places, photographs of himself crashing into walls and sidewalks, and many other potentially risky situations, according to the Daily Mail website.

METRO

Particularity

Artists take work to new heights

The artists' scene in China today is moving away from sculptures and paintings to a more performance-based art, using photography and video, according to the Asian Art Coordinating Council. Many forward-thinking artists now use their body as a canvas.

METRO

Your most important etiquette lesson is that your cutlery has multiple functions.
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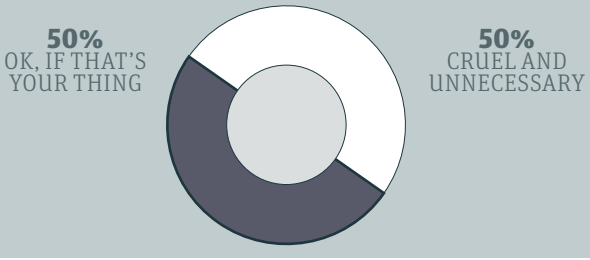
Hunting purely for sport is:



Twitter

@Ma_Fleming:
@metroottawa Finally an OC Transpo APP. This was very well needed.

@taylorharmer:
@metroottawa New #octranspo app still needs some work - No matter which direction you select for route 86 - it only brings up Elmvale times

@taylorharmer:
@metroottawa MyTransit - OC Transpo app seems to be giving accurate actual times for route 111 Carleton - which is a first! #octranspo

@keenpinkiepie:
@metroottawa I've encountered nothing but problems. Arrival times not working at major stations like Hurdman is the biggest fault.

@Red_Vikking:
"@AdamSchefter: Denver has agreed to trade Tebow and a seventh-round pick to the Jets for the 4th rd pick & 6th rd pick."

metro

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Get gardening tips and much more at the Ottawa Home & Garden Show, which runs until Sunday. ISTOCKPHOTO/THINKSTOCK

Get ready to reno at biggest show yet

Home & Garden.
Some 30,000 visitors are expected to attend upcoming exhibition

PAULINE ANDERSON
For Metro

With the late-spring heat wave, you might be fast-forwarding your plans for home renovations and landscaping. Check out the Ottawa Home & Garden Show for all the latest ideas, products and trends. Now in its 32nd year, it's the longest-running show of its kind in the city.

It's also the largest. Having outgrown the three buildings at its former location in Lansdowne Park, the show will be held in the new CE Center where all exhibitors will be under the same roof for the first time.

An estimated 30,000-plus visitors are expected to attend this year's show, says show manager Nancy Carrier. Most — up to 96 per cent, depending on the year — will be homeowners looking to upgrade or renovate their existing property to make it more comfortable and increase its value.

And they will come prepared. As is the current trend, they will likely have visited renovation websites, watched home improvement TV shows and already know what they're looking for, says Carrier.

"Today, people are more conscious about the environment, about technology and about saving energy and money," says Carrier. "When they come to the show, they have done their research and they're ready to see and compare products to find which is best for their own situation."

The Ottawa market is somewhat different from the 30 other North American venues where the show, managed by Marketplace Events, is held.

Aside from the relatively high percentage of homeowners in the nation's capital, most local residents own detached houses rather than condominiums, says Carrier. As well, the household income in Ottawa is on the high side.

Ottawa-area homeowners will have lots to see at this year's show. More than 350 exhibitors will be on hand to help guide them through the myriad choices and answer their renovation, decorating and landscaping queries.

Getting face-to-face tips and tricks from specialists in the field is what they come for, says Carrier.

"For example, if you're planning a renovation, there will be experts there to tell you the things you need to consider before you start your project."

Since the show is being held at the end of March, there will be a heavy emphasis on landscaping and gardening, says Carrier.

"Probably a good third of the show is about the outdoors with products like spas, decks, gardening accessories and hot tubs."

The basics

- **The Ottawa Home & Garden Show takes place March 22-25 at the CE Center, 4899 Uplands Drive (near Macdonald-Cartier International Airport).**
- **The show is open Thursday and Friday from noon to 9 p.m.;** Saturday 10 a.m.-7 p.m., and Sunday 10 a.m.-5 p.m.
- **Cost is $12 (including tax) for adults, $10 for seniors and free for children under 12.** Parking is $7 (but the centre is accessible by city transit).

Celebrity handyman Bryan Baeumler. CONTRIBUTED

Celebrity handyman to offer up advice at this year's home show

Bryan Baeumler. Learn tips and tricks for making quality, long-lasting renos

PAULINE ANDERSON
For Metro

A major pitfall of planning a home renovation is putting too much emphasis on cosmetics and not enough on quality, according to Canadian celebrity handyman Bryan Baeumler of HGTV's House of Bryan and Disaster DIY.

Rather than being preoccupied with the "shiny, pretty stuff," homeowners should take more stock in making their house efficient and increasing its longevity, he says. "It's the same as with your body — if you're worried about makeup but not the pain in your chest, that's going to catch up with you."

TV shows

- **Baeumler recently completed House of Bryan: On The Rocks, a show about constructing his family cabin on Georgian Bay.** He says the project was probably the most challenging he has ever attempted. The island structure was accessible only by water "so if you forgot a piece of lumber, it was a six-hour trip to get another one."
- **He is also set to start filming the next season of the popular Leave It To Bryan TV show.**

Baeumler will be offering tips for making quality (and long-lasting) renovations that will increase the value of your home at this weekend's Home and Garden show (catch him Saturday at noon.)

One topic he plans to cover is when to do a project yourself and when to call in the pros. "People tend to overestimate their own ability and underestimate how long it will take them to complete a job and how much skill it requires to actually complete it professionally," he says.

For those who insist on a DIY project, Baeumler warns that it requires patience. "If you've never done something before, it's going to take you some time to learn it and you're going to make some mistakes."

Common mistakes are under-budgeting and cutting corners, says Baeumler. "We want everything today and we want it as cheap as possible, but this is one of those businesses where you get what you pay for."

For those who know they need an expert, Baeumler will advise on what to consider and questions to ask.

Ask a decorator

Get advice from a pro

For the sixth year in a row, visitors to the Ottawa Home & Garden Show can take advantage of a free consultation with an accredited professional decorator.

The Canadian Decorators' Association will have at least two professionals available throughout the show to answer questions and provide advice. The CDECA booth will use a sign-up sheet to book appointments rather than ask visitors to wait in line.

"This is a win-win opportunity," says Kim Koa, CDECA's event coordinator and program director. "Visitors get some free tips from experienced professionals, and decorators get to show a little of their expertise and promote their services."

Koa encourages visitors to prepare specific questions and bring along appropriate materials, such as photographs, floor plans, videos, paint chips and fabric swatches.

"The more specific the question, the more valuable and focused our advice will be," says Koa.

"If you saw something in a magazine that you'd like to incorporate into your house, bring along the picture and we can help figure out if it will work."

"Designers tend to focus more on space, building codes and structural integrity," says Koa.

"Interior decorators tend to concentrate more on colours and textures, along with furniture placement, furnishings, window treatments and floor coverings. Both designers and decorators base their advice on who lives in the space and how they like to use it."

PETER DOYLE/FOR METRO

Tips from Canada's gardening guru

When Mark Cullen speaks, Canadian gardeners listen. A master communicator, he shares his passion through appearances on television and radio, and in regular newspaper columns and blogs. He has also written 18 books.

This year, Cullen makes three appearances at the Ottawa Home and Garden Show: Friday at 5:00 p.m. and Saturday at 11:00 a.m. and 2:00 p.m.

What are you going to discuss at this year's show?
Cullen: I'll share a variety of tricks, techniques and tips that help make gardening easier and more enjoyable. I'll also talk about the value of the whole gardening experience. It's about not just what you grow, but also about getting back to nature. I like to call it "escaping to reality" because we spend so much of our time these days in the computer world.

What's new in this year?
Cullen: Vegetable gardening is more popular today than it's been for many years — we haven't seen anything like it since the Victory Gardens of World War II. Sales of vegetable seeds have skyrocketed in recent years. I think people are concerned about what they eat and where it comes from. And the truth is that many foods are surprisingly easy to grow. Tomatoes and basil, for instance, do very well planted in containers on a sunny porch or deck.

And outside of vegetable gardening?
Cullen: I know that lots of people are keen on the new hydrangeas and spireas. Another big trend is gardening as a form of self-expression. People will plant annuals, perennials, shrubs and vegetables in the same container. I think it's great!

What do you like best?
Cullen: I love all of the tasks involved in planting — digging the holes, seeding, raking, mulching. There's nothing better than working in the earth. This year is pretty special for me because my daughter is getting married and we're hosting the wedding on our property. I want to make sure the property looks its absolute best on the big day.

PETER DOYLE/FOR METRO

Gardening expert Mark Cullen. CONTRIBUTED

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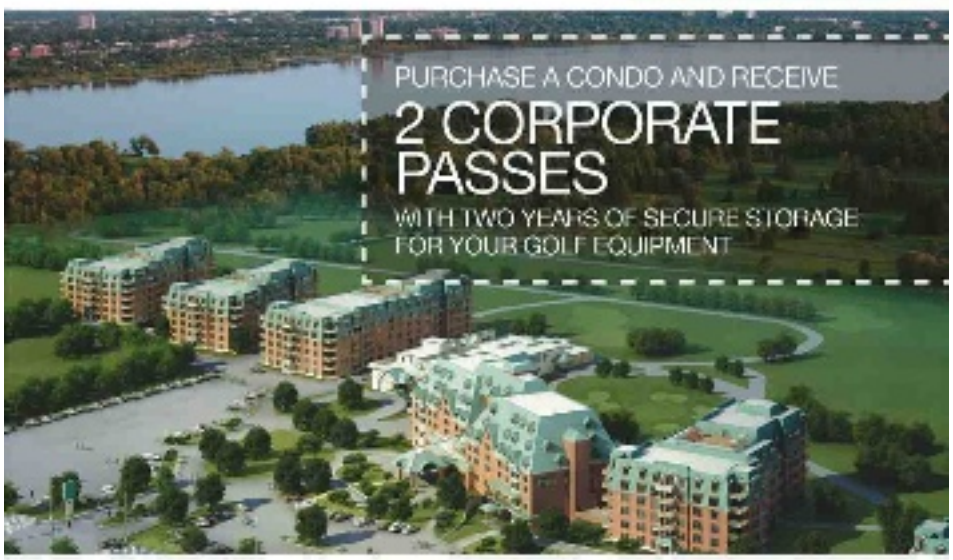

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This year's hottest gardening trends

Planning ahead. Metro speaks with expert Tara Nolan on what's hot for 2012

TERESA CHIYKOWSKI
For Metro

Although it's far too early to start planting outdoors, it's never too early to start planning. Metro caught up with Tara Nolan, editor of CanadianGardening.com, fresh from a speaking engagement at Canada Blooms in Toronto.

A "budding" gardener, Tara keeps her ear to the ground (or rather, to the web) for the latest gardening trends. Here are a few 2012 trends she shared with us.

Vessel gardening makes gardening accessible to a wider range of people.
CONTRIBUTED

Vertical gardening

There is no reason why small spaces can't make a big impression. "With many people downsizing their living (and growing) spaces, the trend toward vertical gardening is gaining momentum," says Nolan.

"If you're dealing with limited outdoor spaces, think of growing upward rather than outward." Climbing plants can flourish on trellises, on arbours, along fences or in small containers.

Straw-bale gardening

Have you ever thought about growing tomatoes in a bale of straw? Straw-bale gardening isn't just a unique approach to growing, it's also an excellent option if you have poor soil, have limited space or have difficulty bending over.

"Bales are great for growing everything from annuals to vegetables," says Nolan. "If you are going to try bale gardening, stay away from hay as it contains seeds that could grow along with your plants. Hay can also wreak havoc for allergy sufferers."

Vessel gardening

If you don't have the time or the green thumb to do your own planting but still want to surround yourself with beautiful flowers, foliage or even vegetables, your local garden centre can help with a variety of pre-planted mixed containers.

"Pre-planted pots of edibles are growing in popularity because it makes gardening more accessible to a wider range of people," says Nolan. Ready-to-buy mini-gardens can provide a continuous supply of fresh herbs, luscious tomatoes and crisp lettuce greens, right in your own backyard.

Modular bungalows. The latest trend in homes saves money, building time

Visitors to this year's Ottawa Home and Garden Show can tour the Natur-I, the latest modular bungalow from Bonneville Homes. The home features high ceilings, full-length windows and more than 1,200 square feet of living space.

"The Natur-I is designed to meet Canadians' modern lifestyle and to fit into today's compact building sites," says Eric Bonneville, the company's co-president. "The home is also designed to connect people to nature, to remove the barriers between indoors and outdoors. There is plenty of natural light and the layout draws your eye to the yard."

Modular homes continue to grow in popularity in Canada; they tend to cost much less than conventional homes and require much less time to build.

The Nature-I
CONTRIBUTED

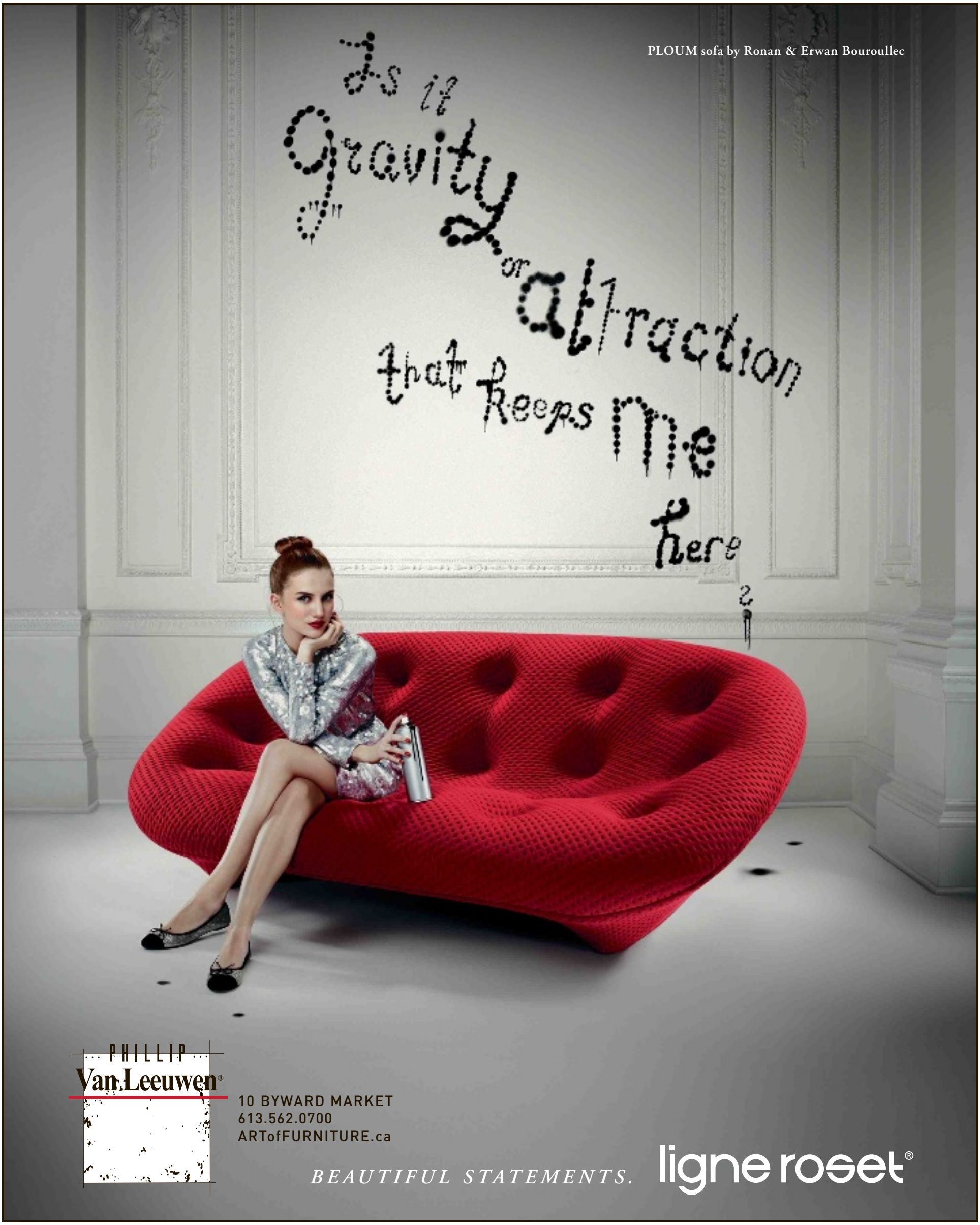
Bonneville Homes invests some of these cost savings into premium features, such as high-performance windows and cellulose-fibre insulation.

Founded by Eric's grandfather in Thetford Mines, Quebec, Bonneville Homes now operates two factories outside Montreal and has built more than 35,000 homes. The scale of the company's operations enables investment in research and development — something that sets it apart from the competition, according to Bonneville.

"We constantly evaluate how people live in, and relate to, the spaces they live in," he says. "We analyze homes in other countries, identify good ideas and adapt them for life in Canada. To be comfortable, a home must have a functional layout; it must make it easy for the people who live there to do what they want to do."

Bonneville Homes recently opened a design centre in Beloeil, a suburb of Montreal, where house-hunters can tour a variety of modular homes.

PETER DOYLE/FOR METRO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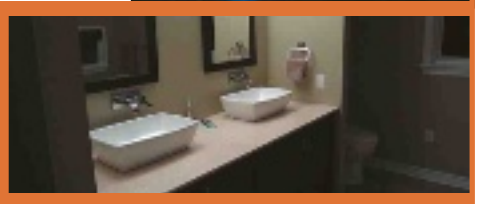

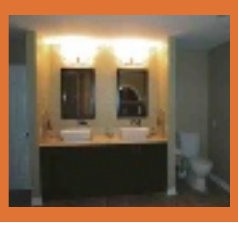

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The Dream Garden is designed to be maintenance-free.
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The 2012 Ottawa Home & Garden Show will once again feature a Dream Garden created by Davis Landscape and Design. For the third year in a row, the company will install a full-size backyard living space.

This year's Dream Garden is designed for people who like to devote their time in the backyard to relaxation rather than maintenance.

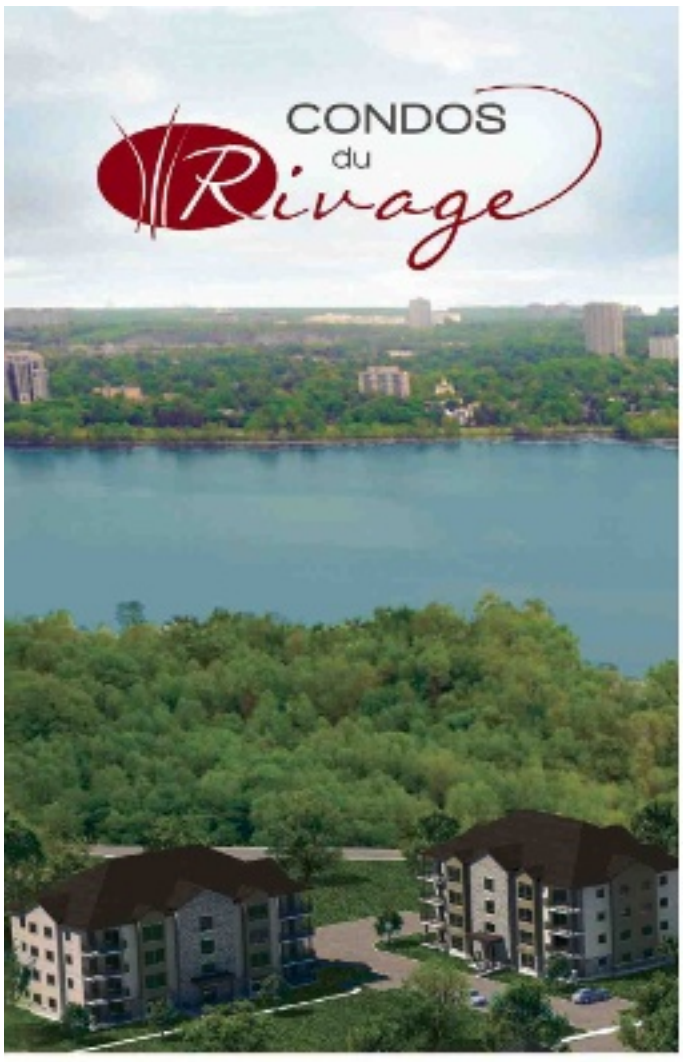
"We want to show people what's possible," says Mathew Davis, who is overseeing the installation at this year's show. "Imagine coming home from a busy day at work and being able to walk out onto a beautiful patio where you can put your feet up and relax, or entertain friends and family."

At 3,000 square feet, the Dream Garden is the size of an average residential backyard. The garden features kitchen and dining areas, a fireplace, waterfall and enclosed flowerbeds. With handsome interlock from Canadian firm Permacon, the garden is designed to be virtually maintenance-free.

"Today, people want to extend their living space into the backyard, and we can show them how to do that," says Davis.

"The Dream Garden will give them lots of ideas about how to create functional, comfortable outdoor space. Everyone's tastes and needs are different; we work with clients to design and install landscapes that are just right for them."

Although the Dream Garden is designed to be maintenance-free, its design and installation requires a significant amount of effort. "We'll need six full tractor-trailers worth of material to create this year's Dream Garden," he says. **PETER DOYLE/FOR METRO**



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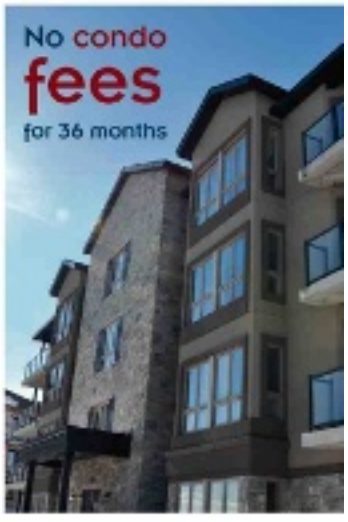

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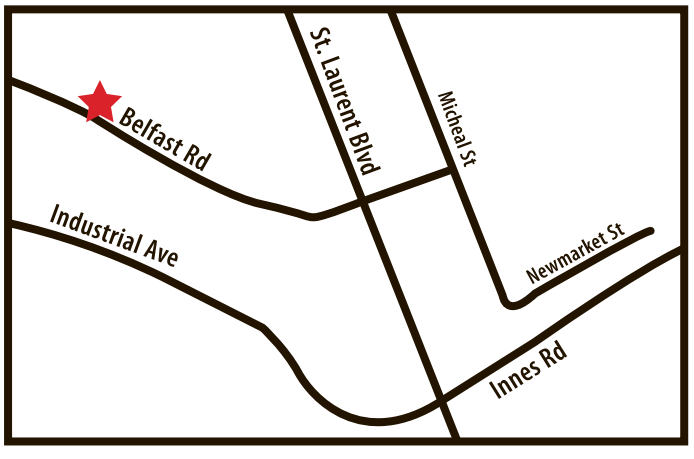

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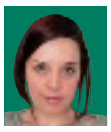
The Sadies were in Spain but now mainly on the plane

Music. Canadian alt-country legends The Sadies keep busy on and off the road



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Canadian country rockers The Sadies perform at the NAC this weekend. CONTRIBUTED

Toronto country-rockers The Sadies are known as one of Canada's most well-travelled live bands, racking up some impressive mileage nationally and internationally over the group's 14 years.

They are also frequent collaborators, performing or recording with big names like Neil Young, Neko Case, Blue Rodeo, The Tragically Hip and raunchy R&B legend Andre Williams, with whom they'll be releasing their second collaborative album with in May.

After spending most of last month touring Spain, the band is making up for lost time.

"All of the shows were fantastic and people there are super psyched about seeing our band," said drummer Mike Belitsky while on a layover in London, England.

Now that the tour is over, the band is making that long, familiar trek home.

"Today, we have three flights total. We'll probably be up close to 24 hours by the time we get home," says an admittedly tired Belitsky.

But The Sadies won't be taking any time off to recuperate.

After a pair of performances here in Ottawa and appearances at some Juno Week events, the band has another tour booked in Europe next month and a string of North American dates this summer.

On top of all those shows, Belitsky says the group is also hoping to start chipping away at a new Sadies record this year.

"We'll keep as busy as we can but still allow ourselves some time to do some writing and maybe start recording some demos for a new album," he says.

And, never ones to shy away from a collaboration, Belitsky admits, if the opportunity presents itself, the band would be happy to take that on as well.

"There are just so many talented people from Canada that would be cool to work with," he says.

Tickets

Catch The Sadies at the NAC (53 Elgin St.) on Friday and Saturday at 8 p.m. Tickets start at $28 through the NAC Box Office.

- **What else is going on?** Don't miss The Nearly Naked Truth, a burlesque benefit for Planned Parenthood Ottawa at Babylon Nightclub (317 Bank St.) on Friday starting at 8 p.m. The show features performances by Rockabilly Burlesque and DJ Bad Guy. Tickets are $15 at Venus Envy, the Planned Parenthood Ottawa office or at the door.

Controversy. Choreographer wasn't out to shock with Minaj routine

It was Canadian choreographer Laurieann Gibson who orchestrated Nicki Minaj's Grammy performance last month, which — not surprisingly — sparked controversy with its mix of religious iconography, sexual suggestiveness and a mock exorcism.

But Gibson, who has worked closely with the likes of Lady Gaga and Katy Perry, insists she was surprised by the backlash.

"It never felt risky — I wouldn't do risky — I think the only risky part of it was making sure Nicki was prepared to pull off a performance with that many levels. It was her first really big performance and I wanted to be in control of it," Gibson said Tuesday while in Toronto to shoot the upcoming Global series Canada Sings, in which she'll appear as a judge.

According to Gibson, it wasn't her idea to go with the religious theme. Minaj, she said, wanted to play with the idea of exorcising her fictional alter ego, which she calls Roman Zolanski, during the performance of songs Roman's Revenge and Roman Holiday.

"I was like, 'Oh brother,'" Gibson said of her initial reaction to the concept. "Then I was just very inspired by the theatrical ability (of the songs), with the Vatican, and The Borgias, which is one of my favourite shows."

Some viewers said they were downright offended by the performance, including the Catholic League. "What I say is my (art) is just a mirror, it's an image, and if art reflects this other demonic reaction of hatred and confusion then I say, 'My God, you might want to look in the mirror,'" said Gibson. THE CANADIAN PRESS

Laurieann Gibson says she was surprised at the backlash from Nicki Minaj's Grammy performance. TOM UHLMAN/THE CANADIAN PRESS

2 SCENE

Charity

Olivia Wilde to host cancer research run in New York

Nine years ago, actress Olivia Wilde ran, or rather walked, in the EIF Revlon Run/Walk. In May, she will host the event that supports women's cancer research with fellow first-time ambassador Emma Stone. "Emma and I will kick off the event and welcome everybody, then we'll participate," Wilde said of her duties, which include pounding New York pavement with thousands of participants. The House star says she may even run alongside Stone, but only for a short time. "Maybe Emma will run in the front, and I'll bring up the rear," Wilde joked. "I probably will have such shin splints after attempting to run, I will be recovering on ice."

On the Web

Zsa Zsa Gabor's care subject of Los Angeles court case after daughter requests conservatorship

From the boardroom to the gym locker-room

Going undercover at her company. Goodlife CEO gets a reminder of what makes the business tick

ANGELA MULLINS
scene@metronews.ca

When Jane Riddell jumped aboard the Goodlife Fitness ship, the London-based company had one storefront and she was responsible for everything from teaching classes to cleaning.

Now, 30 years later, Riddell is second-in-command of what's become Canada's largest fitness company, with 10,000 employees, 300 clubs and nearly 1 million members.

Seeing what that growth has meant on the frontlines is one of the main things that had Riddell practically lunging at a chance to star in an episode of Undercover Boss Canada.

"When we were a small company, it was all about trust, integrity and caring," said Riddell, 57.

"We have seven core values that are very important to us. I wanted to find out if they were still (being played out)."

After receiving a makeover and assuming a new name — Donna Bright — Riddell spent part of December and January working incognito at Goodlife clubs across the country.

She did a bit of everything, from selling memberships to sitting-in on personal training sessions. And, Riddell admits, it wasn't all pretty.

In fact, the first few minutes of Riddell's episode are the equivalent of a "train wreck" — some staff haven't shown up for work, a notice alerts members that locker-room showers are either "freezing cold" or "scalding hot" and the water fountains are broken.

"If I was a member, I would be upset. Members are paying for things that should work," Riddell says in the episode.

"It's just utterly shocking to me."

While Goodlife has for the past two years been placing an extra emphasis on talking face-to-face with employees, there's no real substitute for first-hand experience, Riddell said.

"Even though people are telling you what their work experience is like, you don't really get it until you're there watching it," Riddell told Metro.

"The biggest surprise was how complicated our business has gotten. We need to get back to basics and focus on members."

Undercover

Where can you see it?

- **Upcoming show.** Goodlife Fitness Chief Operating Officer Jane Riddell will be featured on Undercover Boss Canada Thursday on the W Network.

Quote

"When we were a small company, it was all about trust, integrity and caring. We have seven core values that are very important to us. I wanted to find out if they were still (being played out)."

Jane Riddell

Jane Riddell went undercover at Goodlife to investigate the ins and outs of the business. HANDOUT

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Touch a global audience

Kiefer Sutherland. New show centres on communication, and they're trying to reach viewers like never before

Kiefer Sutherland lends a common Touch to his new series. HANDOUT

Touch hero Jake Bohm is obsessed with numbers, and in a voice-over on this week's premiere episode, the otherwise mute 11-year-old numerologist shares an interesting statistic, "Today the average person will say 2,250 words to 7.4 other individuals."

An average person, sure. But not Kiefer Sutherland in recent weeks.

Sutherland (who plays Jake's devoted father, Martin) has lately been a chatterbox, talking up his show all over the world.

"I'm like the brainy student who blows the curve for the rest of the class," he says with a laugh. "I've met a lot of folks."

It's Monday, the morning after a Touch world-premiere screening in Manhattan, which came on the winged heels of a global blitz that took Sutherland to London, Berlin, Madrid and Moscow.

In a couple of hours, he'll be back on a plane returning to L.A., where, with the publicity campaign now just about over, he'll resume shooting Touch full-time.

But right now, he's got a few more words to voice about the show (which debuts Thursday on Global).

For instance, how the universal focus of Touch (created by Tim Kring, architect of the likewise far-flung series Heroes) is reflected in its launch strategy.

It's premiering in synch with the U.S. market in more than 100 other countries.

Convening a global TV audience that way is unprecedented for a weekly drama series.

"If Touch can be the conduit for a conversation between 150 million people worldwide on a website — talking about things they have in common, as opposed to their differences — that would be amazing," muses Sutherland.

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Bombs at the box office

Many had high hopes for Disney's John Carter, an epic space western directed by Pixar legend Andrew Stanton. But, although the movie was only released a few weeks ago, the company has already admitted their failure: The movie will generate an operating loss of $200 million from production and marketing costs. Sadly, John Carter will go down in history as a major flop. Here are other "memorable" films that are only known for bombing the box office.

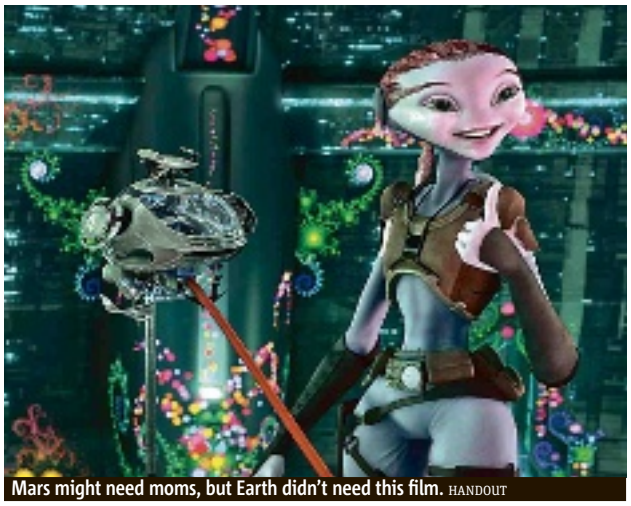
METRO

John Carter's flop at the box office ranks among the biggest in history. HANDOUT

John Carter

- **Walt Disney Pictures, 2012.** Disney said John Carter has brought in about $184 million in ticket sales worldwide so far. But ticket sales are split roughly in half with theatre owners. The movie's production budget is estimated to be about $250 million with about $100 million more spent on marketing. Disney said the loss on John Carter will cause its studio to lose $80 million to $120 million for the quarter.

THE CANADIAN PRESS



Mars might need moms, but Earth didn't need this film. HANDOUT

Mars Needs Moms

- **Walt Disney Pictures, 2011.** Bad news for Disney: Earth didn't need Moms. Not only is the movie 37 per cent rotten and has a weak 49 out of 100 score on Metacritic, it only grossed $40 million worldwide of its $175 million budget. It opened on over 3,000 screens, so it had all the chances it could to be a success — well, except for a decent plot.

Cutthroat Island

- **Carolco Pictures, 1995.** This pirate-themed action film starring Geena Davis and Frank Langella cost $115 million to make, but only raked in a paltry $18.5 million worldwide. Adjusting for inflation, that's a loss of over $147.2 million. Ouch. It also previously held the Guinness World Record for Largest Box Office Loss. Double ouch.

Even the sex appeal of Penelope Cruz and Matthew McConaughey couldn't save Sahara from flopping at the box office. HANDOUT

Sahara

- **Paramount Pictures, 2005.** Even if your film stars two international sex symbols, Matthew McConaughey and Penelope Cruz, you can still go wrong. Paramount paid $241 million to get Sahara in theatres. Sadly, the reward was not great: It lost $121.7 million. McConaughey had said that the movie was supposed to have a sequel, but the poor box office showing prevented that.

The Alamo

- **Touchstone Pictures, 2004.** There were many things not going for this film when it was released, including going up against The Passion of the Christ, poor reviews and a ton of inaccuracies that angered historians. It's no surprise then that the film only grossed $25.8 million worldwide, and 87 per cent of that came from the U.S. audience. Apparently, no one remembered The Alamo.

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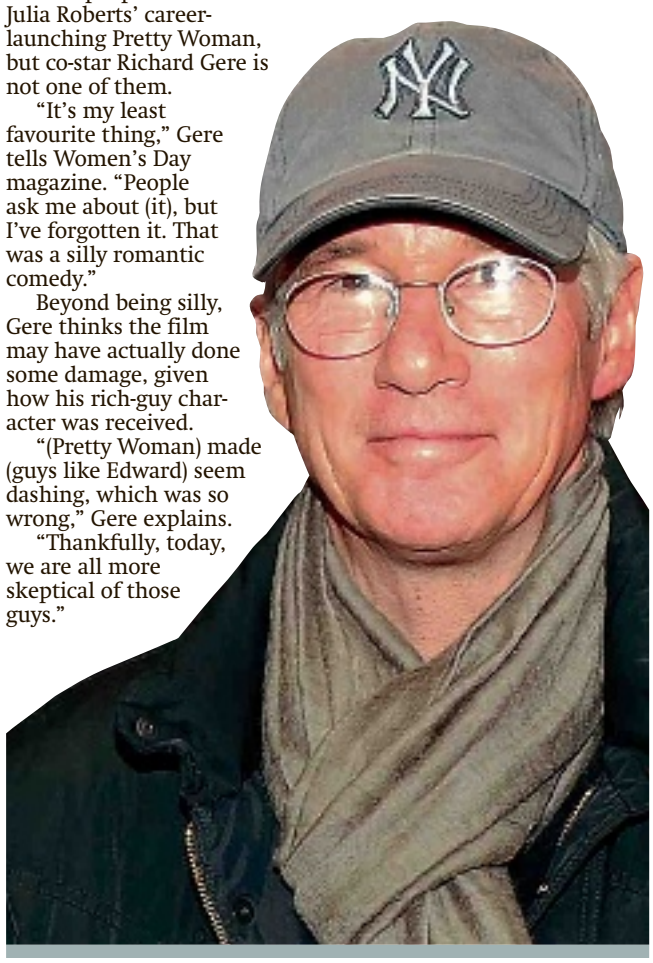
Gere would like to forget Pretty Woman



A lot of people still love Julia Roberts' career-launching Pretty Woman, but co-star Richard Gere is not one of them.

"It's my least favourite thing," Gere tells Women's Day magazine. "People ask me about (it), but I've forgotten it. That was a silly romantic comedy."

Beyond being silly, Gere thinks the film may have actually done some damage, given how his rich-guy character was received.

"(Pretty Woman) made (guys like Edward) seem dashing, which was so wrong," Gere explains.

"Thankfully, today, we are all more skeptical of those guys."

Depp and Olson: What?!

According to In Touch magazine, Johnny Depp was "hunkered down" in Ashley Olson's apartment for 24 hours in February.

"It was quiet in her apartment, like it was just the two of them in there," an insider recalls. "It didn't seem like it was just a visit between friends."

Whatever they were up to during their overnighter, it certainly left Johnny exhausted. When the star finally left the next day, "he looked like he was out of it," an onlooker said.

Johnny Depp look out of it? You don't say!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

What's the situation with The Situation?

THE WORD
Dorothy Robinson
scene@metronews.ca

Michael "The Situation" Sorrentino
GETTY IMAGES

There's something fishy going on with Michael "The Situation" Sorrentino, and it's not what you think (I know you're thinking "venereal disease," you dirty, dirty reader, you).

Nope. He's in rehab — but the reasons why are very murky.

Apparently, the Jersey Shore star became "dependent on prescription pills to counter-act his hard partying lifestyle, which included illegal substances. Mike was in a vicious cycle of not sleeping because of the illegal substances that he was taking, so he began using prescription pills to help him sleep," a source told RadarOnline.

"Mike would refer to the prescription pills as 'downers.' The good news is that he was the one that wanted to get help and checked into rehab. Hopefully with the proper treatment, Mike will be able to lead a sober life."

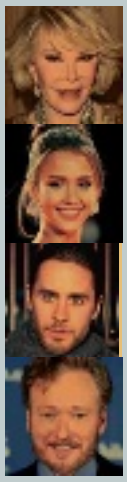
But his representative has denied all of this, issuing the classic "he's suffering from exhaustion" statement: "He is not in rehab for substance abuse. He has spent the last several weeks at an undisclosed location for much needed rest and recuperation after his extensive production and appearance schedule."

As for Sorrentino, he tweeted Tuesday night: "Don't believe everything you read or hear."

Now, I know I'm naive about how these things work. But if he is indeed in rehab for substance abuse, doesn't that mean he probably shouldn't be partying so hard when Jersey Shore goes back for filming the just-announced sixth season? With Snookie not drinking because of her pregnancy and The Situation refraining from "hard partying" because of his demons, what is to become of a show that is completely based around its characters getting wasted?

Jeez. Next thing you know, they're going to start using sunblock.

Twitter



@Joan_Rivers
So depressing. I can't believe I turned 78. I don't feel 76. I guess we all turn 74 eventually. Oh well, 72 is just a number...

@jessicaalba
Coffee please

@jaredleto
I love a nice cool rainy day. You?

@ConanOBrien
At some point, I'm going to have to tell my kids they're not adopted. They'll be crushed.

Reese Witherspoon expecting baby No. 3?

Reese Witherspoon

Reese Witherspoon is reportedly pregnant with her third child — and first with husband Jim Toth, according to Us Weekly.

"Reese is right around 12 weeks," a source explains, adding that Witherspoon is "not planning to announce it."

But it's all said to be part of the plan for the couple, who tied the knot last year.

"Jim and Reese have been trying to get pregnant," a source says. "The timing is right. She's so happy."

Witherspoon also has a 12-year-old daughter, Ava, and an 8-year-old son, Deacon, with ex-husband Ryan Phillippe.

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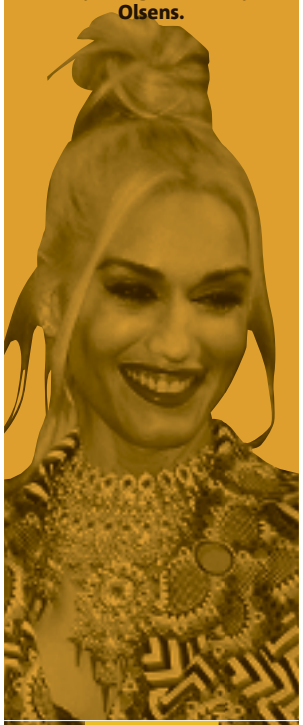
3 LIFE

On the Web

Top CFDA fashion prizes going to Johnny Depp, Tommy Hilfiger and maybe Olsens.



Yay or nay?

Hipster babies

Yay

- Your kid will be the trendiest on the playground.
- Your child will learn the art of self-expression early.

Nay

- Strangers on the street will dismiss your family as hipster clichés.
- You could blow the baby's college fund on clothes she'll outgrow in a matter of weeks.

Imagine, a little Snooki

Oh baby! In honour of Hollywood's latest baby boom, we've come up with some predictions for what the round of expecting celebs' might dress their offspring in

KENYA HUNT
Metro World News in London

So far, 2012 has been especially busy on the celebrity bump front. Beyoncé kicked it off with little Blue Ivy. And waiting in the wings: Jessica Simpson, her ex Nick Lachey, Uma Thurman, Sienna Miller, Snooki (yes, her too) and, rumour has it, Drew Barrymore. That means more information than you'd ever want to know about Simpson's salted cantaloupe cravings and the frightening prospect of a little Snooki in Uggs. We dress their babies to be.

Miller's expecting... GETTY

...and Jessica Simpson definitely is. GETTY

Snooki's got a bun in the oven too. GETTY

Mini Jessica Simpson

Baby Gap one-shoulder two-piece.
$25, gap.com

Pint-sized Nick Lachey

Appaman Polo
$40, appaman.com

Mini A Ture Arn in Sesame
$46, kidsen.co.uk

Tiny Sienna Miller

Kidscase organic dress
$37, kidsen.co.uk

Lil' Snooki

Mini Rodini Zebra Print infant bodysuit and leggings
$76, kidsen.co.uk

Smaller Uma Thurman

Marimekko dress
$69, kiitosmarimekko.com

Fashionable ways to style your little ones for springtime

Breton Stripes

Baby Gap bodysuit
$11, gap.com

Gingham

Bonpoint Loraine set
$128, bonpoint.com

Vintage tees

Appaman one piece
$31, appaman.com

Kimonos

Nature baby dress
$25, naturebaby.com

Florals

Giggle romper
$30, giggle.com

SPRING FASHIONS ARE ARRIVING DAILY WHILE THE TRANSFORMATION CONTINUES ON THE CORNER OF BANK & QUEEN!

ENJOY A MEAL IN THE EXPANDED FOOD COURT

DES ARTICLES DE MODE DU PRINTEMPS ARRIVENT TOUS LES JOURS PENDANT QUE LA TRANSFORMATION SE POURSUIT À L'ANGLE DES RUES BANK ET QUEEN!

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GET ALL THE LATEST BEAUTY KNOW-HOW WAT THE KIT INTERACTIVE MAGAZINE, AT THEKIT.CA

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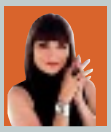
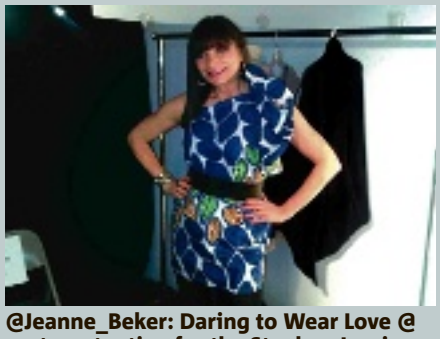


JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: Happiness...

@Jeanne_Beker: And what's a birthday celebration without your best little buddy?



@Jeanne_Beker: Daring to Wear Love @ gretconstantine for the Stephen Lewis Foundation..

@Jeanne_Beker: Admiring the gorgeous silk orchids at Petite + Sweet on Summerhill Ave. in Toronto...

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV.

JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

Licensed contractor Matt Blashaw grew up in a lumberyard. He now hosts Money Hunters. HANDOUT

Save a pile of money on your remodel

DIY ideas. Home improvements don't have to cost an arm and a leg. Here's a few cheap tricks that can make your renos less pricey.

Remodelling can be extremely expensive to take on, but with the right tips and tricks, you can save yourself thousands of dollars without sacrificing the look of your home.

In every episode of Money Hunters, Deanne Bell and Matt Blashaw share money-saving techniques as they show homeowners which materials and techniques will stretch their dollars.

1. Repurpose certain elements that may be too expensive to replace entirely, like cabinet doors. Cabinets are often the most expensive thing to replace in a remodel. Changing just the outdated doors will save money, but still transform the whole look of your kitchen.

2. Add a beadboard backsplash instead of using ceramic tiles. Beadboard is an easy, inexpensive and stylish alternative to a tile backsplash.

3. To open up a small space, paint walls white to give it a fresh and open feel.

4. Shop salvage yards, antique shops and flea markets for deals and finds such as work tables, shelving or cupboards.

5. Purchase an easy-to-assemble wainscoting kit for about $150 at your local hardware store. Wainscoting instantly adds detail and interest to an empty wall. Use it in the kitchen to protect the walls from everyday wear and tear. Depending on the finish and design of the wainscoting, it is practical and usable in any room in your house.

6. When going appliance shopping, look for floor models. You will only be missing the box. Or, check out scratch and dent outlets to find a top-of-the-line model for a reduced price.

MONEY HUNTERS AIRS BACK-TO-BACK EPISODES ON THURSDAYS AT 9 P.M. ET/PT ON DIY NETWORK CANADA.

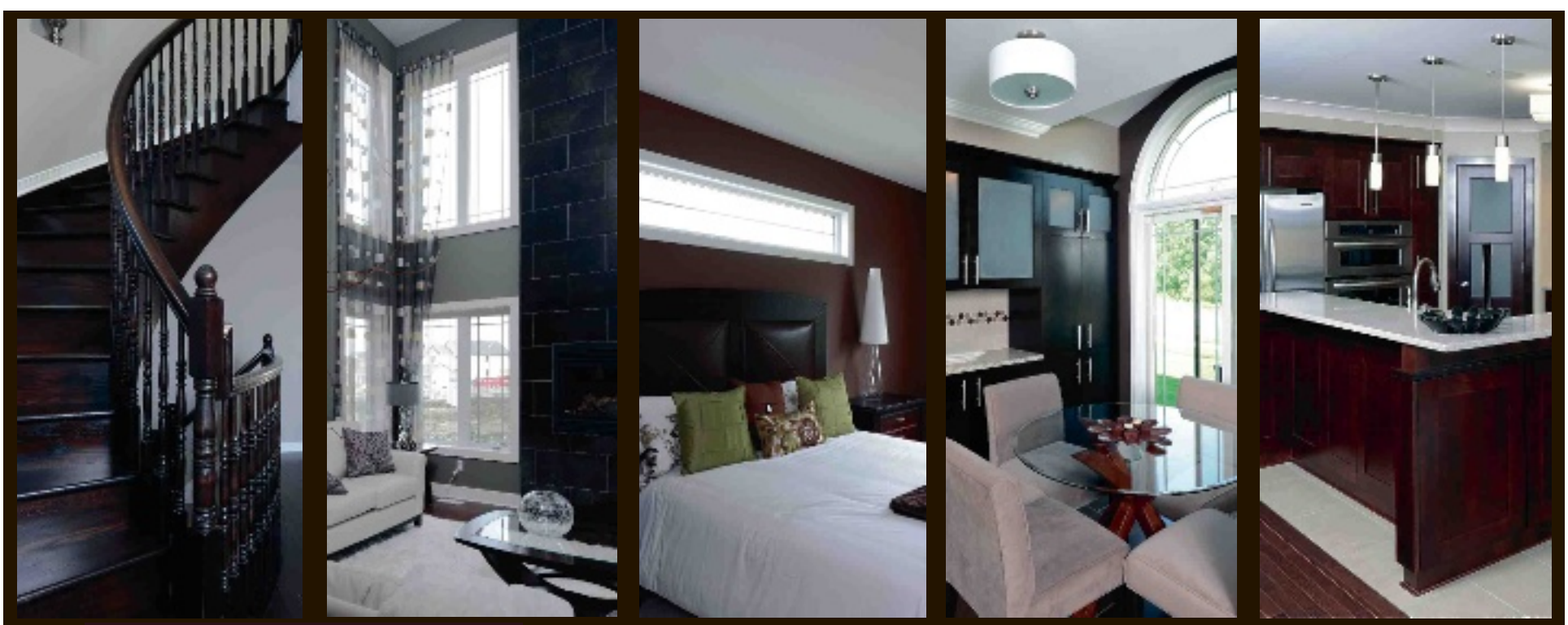
Do some bartering, baby

If doing the work yourself isn't an option, find ways to barter with friends who are handy. Offer to babysit, mow the lawn or run errands in exchange for their handy expertise.

Add some bling

Replace accessories and hardware such as door knobs, kitchen faucets and light fixtures.

- **Small touches go a long way.** You can even put up new window treatments. Something simple can go a long way in updating the look of your remodeled room.



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Why not grow a little of everything?

Smells of summer

"The fragrant garden was just what the name implies. On warm summer afternoons, its heady aroma could be overpowering."

Master gardener Rosanne Dombek

Indecisive by nature?

A collection of smaller, themed gardens can bring a variety of pleasures

Now's the perfect time for dreaming about your spring and summer garden. Gather up your seed and garden catalogues, take some notes, visit a garden centre, let your imagination loose and put a plan on paper.

Choosing one style, though, can be difficult. Do you want a formal garden, a cottage garden, perhaps herbs mixed in with vegetables and flowers? Will you grow only culinary herbs, or a combination of culinary, aromatic and decorative?

Well, why not a little of them all?

Consider planting a number of smaller, themed gardens. I did that at my home in Maine, and came to see each one as a room.

There was a beautiful knot bench in the TEA GARDEN where I grew chamomile, lemon thyme, sage, yarrow, lemon balm, roses, calendula, bee balm, mint, lemon verbena and several scented geraniums. The bees loved this garden, and it was a great stress-reliever to sit on the bench in the warm sun and listen to the buzz of their activity, inhale the fragrances, and enjoy the garden's peace and beauty. In the middle of winter, it was possible to sit and recall the warmer days of summer; the bee balm seed heads were as fragrant then as in midsummer, and you had only to crush one to be taken back.

The Culinary Garden was circular with a birdbath in the centre. The walks around the beds were of crushed rock, and bricks outlined the circular shape. In the winter, the snow would melt off the rocks first and leave the herb beds covered, making an interesting pattern. I grew tarragon, marjoram, curled onion, chives, sage, winter savory, Welsh bunching onion, garlic chives, thyme, oregano, nasturtium, parsley, coriander, chervil, basil and borage here. It was my habit to pick a bouquet of these herbs to chop and toss into a salad. If there were any left over, I would put them in a basket to dry for winter use, or freeze them in a little water to add to a winter soup.

The ROSE GARDEN was next. I planted 14 old-fashioned roses, but some didn't survive the cold winter. I replaced them with the more vigorous rugosa rose. This garden was also circular, but with a larger centre then the culinary garden. I edged the centre with sweet alyssum; placed a lovely old clay pot in the middle filled with scented geraniums; then planted double pink petunias around it. The effect was of a huge tussie mussie. I planted creeping thyme between the bricks in the path. The aroma was out of this world. When the thyme was in bloom, the bees were busy at the blossoms so I had to step carefully.

The next garden was the Everlasting Garden, where I planted herbs and flowers that dry for decorative use: liatris, strawflowers, statice, echinops, xeranthemum, acroclinium, feverfew and salvia horminium, to name a few. Everlastings are easy to grow, and usually the annuals can withstand a light frost. I planted this garden first in the spring and covered the rows with Remay cloth until the days became warmer. A huge number of strawflowers can be harvested from just a dozen plants; I picked them every sunny day. This garden gave me with bouquets to carry to friends, fresh flowers in summer and dried bouquets in the winter. The pleasure of giving and getting was twofold — between the garden and me, and between my friends and me.

The Fragrant Garden was just what the name implies. On warm summer afternoons, its heady aroma could be overpowering. Lavender was of course a part of this garden. Old-fashioned cinnamon pinks, though not as attractive as the new hybrids, smelled beautiful. I planted several dwarf lilacs and a half dozen peonies, along with several fragrant rugosa roses and garden phlox.

There was a succession of aromatic blooms all summer, from the early spring peonies to the late summer phlox. I harvested huge baskets of peony petals for potpourri, and added rose petals from the rose garden. I enjoyed strolling in the gardens just at dusk and picking a bouquet of fragrant herbs to infuse for use in the bathtub. I would put some sprigs in a pan of water, simmer for a few minutes and then strain the infusion into the bath water. The whole house would smell sweet.

With all this talk of fragrant baths, meditative teas and secret hiding corners, you might get the wrong impression of what it is like to cultivate more than an acre of garden space.

My knees were permanently stained brown. It was difficult at times to really enjoy the gardens — or get away for any length of time — because there was always something that needed attention.

Summer was an intense time of planting, weeding, harvesting and processing.

But I loved it. ROSANNE DOMBEK/ THE ASSOCIATED PRESS

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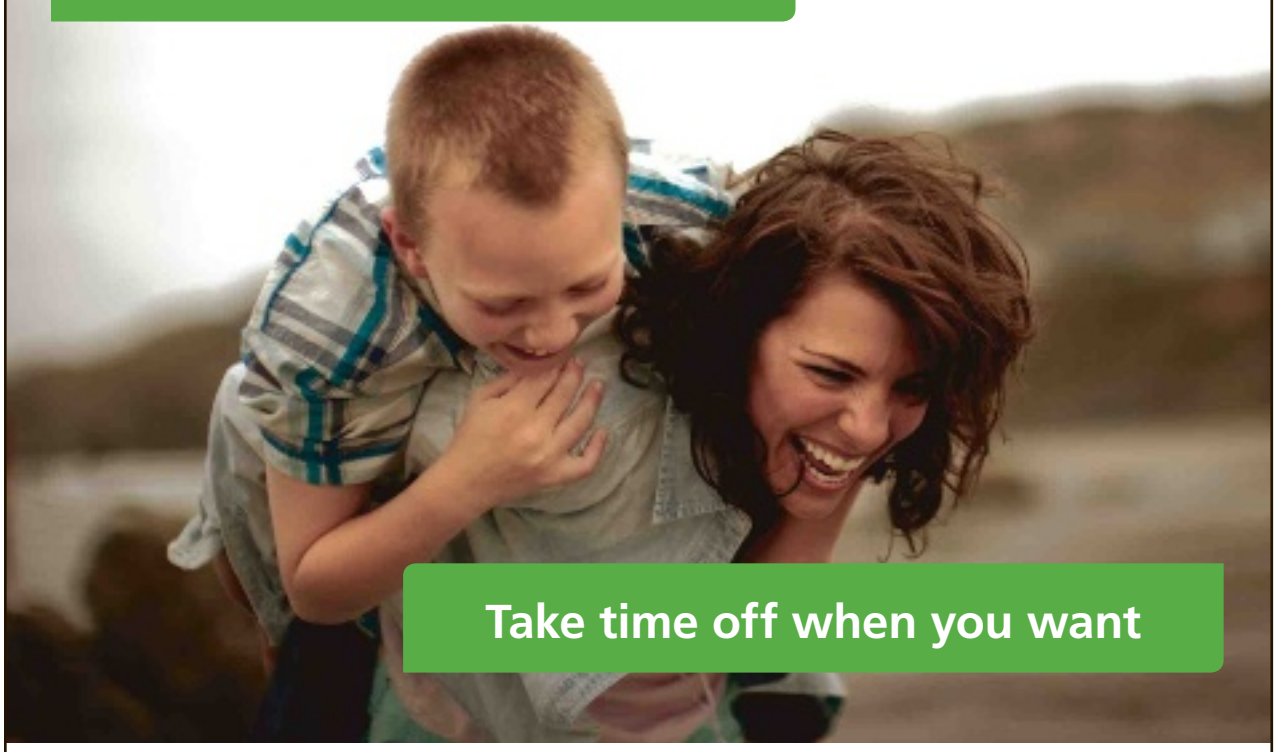

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Emily Richards makes easy look elegant with diverse eats

DINNER EXPRESS
Emily Richards
food@metronews.ca

Pesto and Tomato Lamb Pasta. Use pesto to add colour and zip to this simple dish

You can change the flavour of this pasta dish by mixing up the ingredients, to make it easy to incorporate into your kitchen.

Pesto's great to add for lots of flavour with one simple ingredient. Sprinkle the finished pasta dish with feta or Parmesan cheese.

For an added spice, add hot pepper flakes to the onion mixture while cooking.

Ingredients

4 portions

- 1 lb (500 g) ground Ontario lamb
- 1 tbsp (15 mL) olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 can (398 mL) diced tomatoes with juices
- 1/2 cup (125 mL) chicken broth or stock
- 2 tsp (10 mL) dried Italian herb seasoning
- 1/4 tsp (1 mL) salt, pepper
- 1/2 cup (125 mL) sundried tomato pesto
- 1/4 cup (50 mL) sliced black olives
- 3 cups (750 mL) dry penne lisce

1. In large non-stick skillet, brown lamb for about 5 minutes over medium high heat or until no longer pink. Scrape lamb into colander and let drain.

2. Return skillet to medium heat and add oil. Cook onion, garlic and Italian seasoning for 5 minutes or until softened. Add tomatoes, chicken broth, browned lamb, salt and pepper and bring to boil. Reduce heat and simmer for 8 minutes. Stir in pesto and olives; cook for about 5 minutes or until thickened.

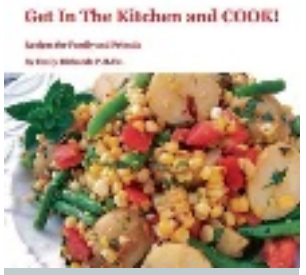
3. Meanwhile, in a large pot of boiling salted water, cook pasta for about 10 minutes or until tender but firm. Drain well and add to skillet. Toss to coat.

You can also try another short pasta such as rotini, fusilli or shells. EMILY RICHARDS

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND CELEBRITY TV CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Cookbook of the Week

Get in the Kitchen and COOK!



Metro's own Emily Richards puts the focus on the busy family and people looking to entertain without a fuss in her second book, Get in the Kitchen and COOK! (Blurb Inc., $35.95, paperback).

The release is chock full of simple, fool-proof recipes for any occasion. This book has everything from appetizers to desserts.

"I love food and I love the way food brings friends and family together. It's also a great way of sharing a lifelong skill. No matter what your age, background or interest, it's so easy to come together and talk about food and get inspired," says Richards. METRO

French Toast with Salmon on Greens. Brunch dish

1. Slice the baguette into ½-inch (1 cm) thick slices to get 12 slices. Set aside.

2. In a shallow dish, whisk together the eggs, cream, parsley, paprika, half of the salt and pepper. Dip each slice of bread into the egg mixture, turning it to coat well.

3. Melt half of the butter in a non-stick skillet over medium-high heat and pan-fry baguette slices for about 3 minutes turning once or until golden. Repeat with remaining baguette slices.

4. In a bowl, toss the mixed greens with oil, lemon juice and remaining salt and divide onto 6 plates. Divide the baguette slices and top with thinly smoked salmon. Sprinkle with red onion and capers.

EMILY RICHARDS

Ingredients

6 portions

- Half of a baguette
- 3 eggs
- ⅓ cup (75 mL) 5% light cream
- 1 tbsp (15 mL) Italian parsley, minced
- ½ tsp (2 mL) smoked paprika
- ¼ tsp (1 mL) salt
- Pinch pepper
- 1 tbsp (15 mL) butter
- 12 cups (3 L) mixed greens
- 2 tbsp (25 mL) olive oil
- 1 tbsp (15 mL) lemon juice
- 1 pkg (4 oz/125 g) thinly sliced smoked salmon
- ¼ cup (50 mL) diced red onion
- 2 tbsp (25 mL) drained capers

Rose Haus, from Fifth Town Artisan Cheese Co.
VANESSA SIMMONS/FOR METRO

Cheese choice. Take home a taste of history

CURD ON THE STREET
Vanessa Simmons
For Metro

My cheese pick this week is less than two years old, debuting as the first cow's milk cheese from leading "green" Prince Edward County cheesemaker, Fifth Town Artisan Cheese Co.

Fashioned after stinky German Limburger cheese, award-winning Rose Haus is named after Rose House, one of Ontario's oldest museums. Like your favourite uncle, you can take it anywhere and be guaranteed a good time.

Handcrafted, this single-note, semi-firm, washed-rind, cow's milk cheese is made with the milk of a small herd of Holstein cows from local Quinte Crest Farm.

Rose Haus has a creamy, buttery ivory-yellow paste, apricot-coloured rind and mild, earthy and mushroomy flavours. When ripe the paste softens, becoming oozy, and aromas intensify.

On special occasions Rose Haus gets a wash with local beer, which adds an extra flavour profile, and amplifies the yeasty characteristics of this cheese.

I recommend waiting for an extra week or two before enjoying (or buy two wheels if you can't wait) for the full flavours to develop. You'll thank me for it.

Slice of info

More information about this week's cheese pick.

- **Cheese.** Rose Haus
- **Producer.** Fifth Town Artisan Cheese Co.
- **Interesting Fact.** Rose Haus is rind-washed in The Grange of Prince Edward County's barrel-fermented Chardonnay, which adds a toasty layer to the cheese's character.

SPECIAL INFORMATION FEATURE

Beer and iced tea?

JEFF O'REILLY
For Metro

Summer sipping. Molson makes a splash with the new Coors Light Iced T

Now that spring is officially upon us, the folks at Molson Coors Canada must have known something we didn't.

When Mother Nature seemed to fast-forward from winter directly into summer, they were one step ahead of the unseasonably warm weather with an early launch of their new thirst quencher Coors Light Iced T. I'm sure spring will show up eventually — but for now, who's complaining?

Choosing to use Canada as their test market, Molson Coors Canada will officially launch this new beer nationwide on April 1.

But a select few Ottawa bars and pubs jumped at the chance to get this beer in their guests' hands during the record-breaking mid-March warm spell that snuck up on our city and left many scrambling to find their flip-flops and sun hats as an onslaught of pasty white flesh hit Elgin Street and the Market with a pent-up euphoria that verged on giddiness.

Molson Coors Canada's Geogg Ross explains the thinking behind the brand.

"Coors Light is known as being one of the most refreshing beers available and iced tea is definitely one of the most refreshing non-alcoholic drinks out there, so it seems like a perfect fit," he says.

Brewed using classic ingredients such as two-row barley and prime Coors lager yeast before adding tea botanicals and natural lemon extract, Molson Coors Canada is able to bring out the natural iced tea flavour while creating a "beer first, iced tea second" beverage experience.

Amber serves up an ice-cold bottle of Coors Light Iced T on the patio of St. Louis Chicken & Ribs. JEFF O'REILLY/FOR METRO

Coors Light Iced T (4% ABV) pours an ultra-pale ginger ale colour with a bright white head that quickly disappears.

Spritzy lemon and orange pekoe tea tickles the nose before tastes of steeped tea, orange zest, raw sugar, lemon and lime dominate the light lager taste of the beer, which I kind of expected.

The overall texture is quite beer-y, but most everything else the palate experiences is more like iced tea, as the sweetness rolls over the tongue before a slightly astringent tingle and a dry aftertaste.

These may not be the citric sensations that craft beer drinkers crave, but it's pleasantly crisp and refreshing, and will be appreciated by summertime patio quaffers and light beer drinkers — as well as those who may otherwise reach for a cooler or cocktail to beat the heat. Let the sun shine.

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Has food lost its nutritional value?

FARM TO FORK
Maurice Hladik
For Metro

Apples to oranges. It's hard to compare food today to food from our grandparents' time

Do you believe claims that food today, particularly fresh fruits and vegetables, are not as nutritious as they were in your grandparents' time? There are some people who claim this to be the case.

How can they be so confident that these opinions are correct? For starters, the science behind measuring nutrition today is so much more sophisticated than a few generations ago so comparisons are all but meaningless.

If scientists carefully replicated older techniques, the many variables that have an impact on nutrition create even more uncertainty regarding any then-and-now comparisons.

Like flavour, nutrition is dependent on the state of maturity when harvested (particularly for fruit and vegetables), storage conditions, length of time in storage, care in handling and transportation, soil conditions, weather, climate, plus farming practices.

To look at information from 50 years ago on, for example, the nutrition of carrots, and compare it with the same product at the supermarket today, how would researchers know how similar these conditions would have been?

Storage, handling and transportation have improved, varieties and farming practices have changed (this could be neutral, positive or possibly negative), while the conditions relating to maturity when harvested, soil, climate and weather remain as highly variable as they always have been.

Comparing the nutrition of today's food with that of several decades ago is as difficult as the proverbial comparison of apples and oranges. Indeed, chances are things have not really changed very much over the years.

MAURICE HLADIK IS THE AUTHOR OF DEMYSTIFYING FOOD FROM FARM TO FORK (FOODDEMYSTIFIED.COM).

Storage, handling and transportation have improved over the years, while farming practices have changed. ISTOCKPHOTO/THINKSTOCK

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How to zero in on the right activity

Choices. Talk to your child to see what they will enjoy the most

PAULINE ANDERSON
For Metro

With so many camps to choose from, finding the one that best suits your child's interests, needs and comfort level might seem like a daunting task. But there are steps to make it easier.

Start by discussing with your child how long they would like to be away, how far away they are willing to go, whether they would prefer to go with a friend or is OK with going alone, and whether they are comfortable with a co-ed camp.

Also talk to your child about what kind of camp — music, sports, etc. — they might enjoy.

"If a child has a specific desire to do some activity, that's helpful to know, and parents can zero in on that," says Doug Saul, camp director, Camp Chief Hector, a YMCA camp in Alberta. So if your child is passionate about soccer, a soccer camp might be perfect for them.

On the other hand, if they play indoor soccer all winter, perhaps they would want to try something entirely different outdoors.

"He may want to do horseback riding or backpacking for some diversity," says Saul.

Remember, though, camps typically offer the same wonderful experience.

"Kids would be happy with almost any camp they went to because there's going to be that sense of camaraderie, and safe and fun activities at almost any camp they go to," says Saul.

Narrow your search to camps that are accredited. This means that they not only meet minimum provincial standards for such things as fire safety, food service and health care, but also voluntarily abide by additional standards deemed best practices in such areas as safety, programs and leadership.

A great place to search is the Canadian Camping Association (ccamping.org). Click on the province you live in, and punch in the camp criteria you are interested in. For example, says Saul, "if you prefer a residential co-ed camp that has sailing and canoe tripping, look on the menu and check those boxes."

Most camps offer sessions from as early as age seven and some go up to age 17 years.

Consider easing your child into camp by first taking them to a family camp. Here they can get a taste of the camp experience in the company of mom, dad and siblings.

"The family can make that camp part of their community, and when it's time for kids to go without parents, they feel at home," says Saul.

The Girl Guides offer "parent and me" weekends and even "grandma, mom and me" weekends to aid in the transition from family camping to solo camping, says Jill Dundas, the executive director of Girl Guides of Canada, Ontario Council.

Finally, consider your budget; camps can be hard on the bankbook, especially if you have more than one child. Check with your provincial camping association for information on financial assistance.

Find a summer camp that will fit your child's interests, needs and comfort level. GIRL GUIDES CANADA PHOTO

Sens should keep Kuba and Karlsson partnership

THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

After the Senators send the Brink's truck to Erik Karlsson's door this summer, will there be any cash remaining to sign pending UFA Filip Kuba? The 35-year-old is one of the key cogs in the club's resurgence this season and his play merits a contract renewal.

Partnered with Karlsson, he is the yin to his mate's yang. Kuba's steady, conservative play has permitted Sens fans to enjoy No. 65's breathtaking rushes on a regular basis.

One of the main reasons for Kuba's success is his relative good health. Despite missing three weeks in December with a shoulder injury, the blueliner is on pace to appear in 73 games, his most since being acquired in a 2009 trade with the Lightning.

The past two campaigns have not been friendly to the native of the Czech Republic. A back injury suffered at the 2010 Winter Olympics sidelined Kuba for the remainder of the season.

His luck worsened in 2011. Just minutes into his first day of training camp, the 13-year veteran stepped in a rut and broke his right leg. He never righted the ship after that; appearing in 65 games, Kuba totalled career lows with 16 points and a minus-26.

Conversely in 2011-12, the former Wild captain is in the midst of a comeback season. He has already notched six goals and 29 points, including two game-winners, his most recent in overtime. Kuba's mercurial climb from finishing 885th in plus-minus the previous year to currently being tied for fourth with a plus-25 is astonishing. Being paired with the gifted Karlsson doesn't hurt, but Kuba is plus-9 ahead of the young Swede.

Count coach Paul MacLean as being a No. 17 booster. When it comes to the penalty kill, Kuba leads all Senators in ice time, averaging 3:29 per game.

While not an overly physical defender, the 6-foot-4, 225-pounder utilizes his frame to keep opposing forwards to the outside lanes.

Filip Kuba, right, gets a high-five from teammate Erik Karlsson after scoring the game-winning goal against the Montreal Canadiens in overtime on Friday. SEAN KILPATRICK/THE CANADIAN PRESS

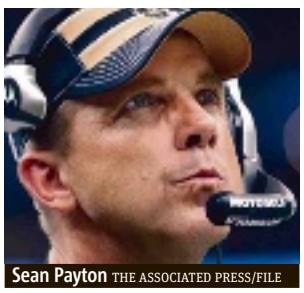
Karlsson, a budding superstar, will certainly receive a stipend in the $6-million range, while veteran defenceman Sergei Gonchar is already raking in $5.5 million next season, the last on his contract. To remain a Senator, Kuba would have to collect less than his current $3.7 million salary.

While GM Bryan Murray would relish Kuba's return to Ottawa's back end in 2012-13, he'll have to do some fancy financial footwork to keep him in the fold.

Saints coach suspended 1 season over bounties

The NFL handed down sweeping and unprecedented punishment Wednesday for bounties paid out on big hits, suspending New Orleans Saints coach Sean Payton without pay for next season and indefinitely banning the team's former defensive co-ordinator, Gregg Williams, who now works for the St. Louis Rams.

Payton is the first head coach suspended by the league for any reason. He is accused of trying to cover up a system of extra cash payouts that NFL Commissioner Roger Goodell called "particularly unusual and egregious" and "totally unacceptable."



Sean Payton THE ASSOCIATED PRESS/FILE

"We are all accountable and responsible for player health and safety and the integrity of the game. We will not tolerate conduct or a culture that undermines those priorities," said Goodell, whose league faces more than 20 concussion-related lawsuits brought by hundreds of former players. "No one is above the game or the rules that govern it."

According to the league, Payton ignored instructions from the NFL and Saints ownership to make sure bounties weren't being paid. The league also chastised him for choosing to "falsely deny that the program existed," and for attempting to "encourage the false denials by instructing assistants to 'Make sure our ducks are in a row.'"

Goodell also banned Saints general manager Mickey Loomis for the first eight regular-season games next season, and assistant coach Joe Vitt for the first six games.

In addition, Goodell fined the Saints $500,000 and took away their second-round draft picks this year and next.

The Saints now must decide who will coach the team while Payton is barred — his suspension is effective April 1 — and who will make roster moves while Loomis is out.

After the NFL made clear that punishments were looming, Payton and Loomis took the blame for violations that they acknowledged "happened under our watch" and said Saints owner Tom Benson had nothing to do with the bounty pool, which reached as much as $50,000 in 2009, the season the Saints won the Super Bowl.

THE ASSOCIATED PRESS

Bounties

- **Scheme.** The NFL said the scheme involved 22 to 27 defensive players.
- **Targets.** Targeted opponents included quarterbacks Aaron Rodgers, Cam Newton, Brett Favre and Kurt Warner.
- **Value.** "Knockouts" were worth $1,500 and "cart-offs" $1,000, with payments doubled or tripled for the playoffs.
- **Rules.** All payouts for specific performances in a game are against NFL rules.

NFL

Tebow deal to New York Jets hits snag

ESPN is reporting that the deal to send Tim Tebow to the New York Jets from the Denver Broncos has hit a snag.

Citing anonymous sources, ESPN said Wednesday that provisions in the quarterback's contract are causing complications in the completion of the trade. ESPN said Tebow's contract has $5 million worth of "recapture language," which means the Jets would have to pay back some money to the Broncos. Denver officials said the Broncos would receive fourth- and sixth-round draft picks, while New York gets a seventh-rounder — all in 2012. THE ASSOCIATED PRESS

Tim Tebow
DAVID LIVINGSTON/GETTY IMAGES

Baseball

Carpenter won't be ready for opening day

Cardinals ace Chris Carpenter won't start opening day after a setback in his recovery from a bulging disk in his neck. Kyle Lohse will start in his place.

THE ASSOCIATED PRESS

Soccer

"Without his heart having a muscular beat ... In effect, he was dead in that time."

Bolton team doctor Jonathan Tobin on the 78-minute period when Fabrice Muamba's heart stoppped beating.

4 SPORTS

NBA

Coke wants in on 'Linsanity'

Knicks fans will soon see Coke ads in Chinese on the rotating courtside signs at Madison Square Garden. Coca-Cola spokeswoman Susan Stribling said Coke has a long-standing partnership with the NBA and already displays ads at The Garden, but wants to take advantage of the enthusiasm surrounding NBA sensation Jeremy Lin and the Knicks. Lin, a Harvard graduate, is the NBA's first American-born player of Chinese or Taiwanese descent. While he hasn't signed an endorsement deal with Coke, Lin has signed a two-year contract with automaker Volvo to promote the company's cars around the world, particularly in Asia.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-NY Rangers	72	45	20	2	5	199	160	97	25-9-0-2	20-11-2-3	4-5-1-0	W1
d-Boston	72	42	27	1	2	236	178	87	22-13-1-1	20-14-0-1	4-6-0-0	W2
d-Florida	72	36	23	5	8	182	198	85	20-9-1-7	16-14-4-1	6-3-0-1	W5
Pittsburgh	72	45	21	3	3	239	184	96	25-8-2-0	20-13-1-3	9-0-1-0	W1
Philadelphia	73	42	23	2	6	232	206	92	19-11-1-4	23-12-1-2	7-2-0-1	L1
New Jersey	74	42	27	2	3	201	191	89	20-13-0-3	22-14-2-0	6-4-0-0	W1
Ottawa	74	37	27	6	4	221	214	84	19-15-2-2	18-12-4-2	4-4-0-2	L2
Washington	73	37	30	3	3	198	208	80	23-10-1-2	14-20-2-1	5-4-1-0	W1
Buffalo	73	34	29	4	6	187	207	78	18-11-3-5	16-18-1-1	6-2-0-2	W1
Winnipeg	73	34	31	4	4	196	211	76	23-11-1-3	11-20-3-1	4-5-0-1	L2
Carolina	73	29	29	9	6	194	217	73	18-13-1-5	11-16-8-1	5-3-2-0	W3
Toronto	74	32	34	4	4	210	232	72	16-14-3-3	16-20-1-1	3-6-0-1	L2
Tampa Bay	72	32	33	4	3	202	247	71	21-14-1-1	11-19-3-2	4-5-1-0	L3
NY Islanders	73	30	32	7	4	174	218	71	15-16-5-1	15-16-3-2	4-4-1-1	W2
Montreal	73	28	32	4	9	191	203	69	13-15-2-7	15-17-2-2	4-3-2-1	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-St. Louis	73	46	19	1	7	189	142	100	29-4-1-3	17-15-0-4	7-2-0-1	W1
d-Vancouver	72	43	21	1	7	223	182	94	21-10-0-4	22-11-2-2	3-5-1-1	L1
d-Dallas	73	40	28	1	4	193	195	85	21-13-0-3	19-15-1-1	7-2-0-1	W1
Nashville	73	42	23	3	5	209	192	92	23-9-2-3	19-14-1-2	5-4-0-1	L1
Detroit	73	44	25	2	2	224	179	92	28-5-1-1	16-20-1-1	3-6-1-0	L5
Chicago	74	41	25	4	4	227	213	90	25-7-1-4	16-18-3-0	8-1-0-1	W4
Colorado	75	40	30	3	2	196	196	85	22-15-0-1	18-15-3-1	7-2-0-1	W2
Los Angeles	73	36	25	5	7	172	160	84	20-13-0-4	16-12-5-3	8-2-0-0	W4
Phoenix	74	36	26	3	9	194	192	84	18-12-2-4	18-14-1-5	3-4-0-3	L1
San Jose	73	36	27	5	5	199	191	82	21-12-2-1	15-15-3-4	3-4-1-2	L2
Calgary	74	34	26	6	8	183	201	82	20-10-1-5	14-16-5-3	5-1-2-2	L3
Anaheim	74	31	32	5	6	185	206	73	19-16-2-0	12-16-3-6	4-5-1-0	W1
Minnesota	72	30	32	2	8	155	199	70	16-15-1-3	14-17-1-5	2-7-0-1	W1
Edmonton	73	29	36	3	5	196	216	66	18-15-2-3	11-21-1-2	4-4-1-1	W1
Columbus	73	23	43	2	5	167	236	53	13-20-1-2	10-23-1-3	5-5-0-0	L1

x — clinched playoff berth; **d** — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Montreal at Buffalo
Florida at Carolina
Detroit at N.Y. Rangers
Vancouver at Chicago
St. Louis at Anaheim
Tuesday's results
Edmonton 6 Nashville 3
Colorado 2 Calgary 1 (OT)
New Jersey 1 Ottawa 0
N.Y. Islanders 5 Toronto 2
Pittsburgh 8 Winnipeg 4
Chicago 5 Columbus 1
Dallas 4 Phoenix 3 (SO)
Florida 2 Philadelphia 1
Los Angeles 5 San Jose 2
Tonight's games
Washington at Philadelphia, 7 p.m.
Nashville at Pittsburgh, 7 p.m.
Edmonton at Tampa Bay, 7:30 p.m.
Calgary at Minnesota, 8 p.m.
Vancouver at Dallas, 8:30 p.m.
Colorado at Phoenix, 10 p.m.
St. Louis at Los Angeles, 10:30 p.m.
Boston at San Jose, 10:30 p.m.
Tomorrow's games
Toronto at New Jersey, 7 p.m.
Buffalo at N.Y. Rangers, 7 p.m.
Winnipeg at Washington, 7 p.m.
Carolina at Columbus, 7 p.m.
Ottawa at Montreal, 7:30 p.m.
Edmonton at Florida, 7:30 p.m.

LATE TUESDAY

PENGUINS 8, JETS 4

First Period
1. Pittsburgh, Kennedy 7 (Crosby, Cooke) 2:04
2. Winnipeg, Slater 10 (Glass, Machacek) 3:35
3. Winnipeg, Little 20 (Ladd, Enstrom) 12:51 (pp)
4. Pittsburgh, Neal 33 (Malkin, Crosby) 16:44 (pp)

Penalties — Byfuglien Wpg (high-sticking) 9:36, Malkin Pgh (double high-sticking) 11:32, Enstrom Wpg (holding) 15:04.
Second Period
5. Pittsburgh, Neal 34 (Malkin) 1:15
6. Winnipeg, Little 21 (Ladd, Enstrom) 3:54
7. Pittsburgh, Kennedy 8 (Crosby, Cooke) 6:55
8. Pittsburgh, Malkin 42 (Crosby, Martin) 11:31
9. Winnipeg, Stapleton 9 (Maxwell, Machacek) 14:39
10. Pittsburgh, Neal 35 (Malkin, Orpik) 17:03

Penalties — None.
Third Period
11. Pittsburgh, Malkin 43 (Kunitz, Neal) 2:07
12. Pittsburgh, Dupuis 21 (Staal, Sullivan) 13:27

Penalty — Little Wpg (tripping) 18:55.
Shots on goal by

Winnipeg	12	10	8	30
Pittsburgh	13	15	7	35

Goal (shots-saves) — Winnipeg: Pavelec (L,27-25-7)(24-19), Mason (12:50 second)(11-8); Pittsburgh: Thiessen (W,3-0-0).
Power plays (goals-chances) — Winnipeg: 1-2; Pittsburgh: 1-3.
Attendance — 18,589 (18,387) at Pittsburgh, Pa.

AVALANCHE 2, FLAMES 1 (OT)

First Period
1. Calgary, Stajan 8 (Tanguay, Babchuk) 1:47
2. Colorado, Stastny 19 (O'Brien, D.Jones) 9:05

Penalties — None.
Second Period
No Scoring.
Penalty — Olver Col (slashing) 5:44.
Third Period
No Scoring.
Penalties — Colorado bench (too many men; served by Downie) 4:14, Downie Col (tripping) 10:37.
Overtime
3. Colorado, D.Jones 18 (Stastny, Hunwick) 3:51

Penalties — None.
Shots

Calgary	10	10	12	0—32
Colorado	12	10	7	4—33

Goal — Calgary: Kiprusoff (L,33-19-10); Colorado: Varlamov (W,25-20-2).
Power plays (goals-chances) — Calgary: 0-3; Colorado: 0-0.
Att. — 14,223 (18,007) at Denver.

SCORING LEADERS

	G	A	PT
Malkin, Pgh	43	50	93
Stamkos, TB	50	34	84
Giroux, Pha	26	58	84
Kessel, Tor	36	40	76
Spezza, Ott	29	46	75
Kovalchuk, NJ	31	43	74
Tavares, NYI	31	42	73
Hossa, Chi	29	44	73
Neal, Pgh	35	37	72
Karlsson, Ott	19	53	72
Eberle, Edm	32	38	70
Elias, NJ	25	45	70
H.Sedin, Vcr	13	57	70
Ra.Whitney, Phx	23	46	69
Eriksson, Dal	26	42	68
Thornton, SJ	16	52	68
D.Sedin, Vcr	30	37	67
Lupul, Tor	25	42	67
Gaborik, NYR	35	31	66
Pominville, Buf	27	39	66
Kopitar, LA	24	41	65
Hartnell, Pha	35	29	64
Sharp, Chi	30	34	64
St. Louis, TB	23	41	64
E.Staal, Car	21	43	64
Parenteau, NYI	16	48	64
Iginla, Cal	31	31	62
Parise, NJ	28	34	62
Selanne, Ana	23	39	62
Moulson, NYI	32	29	61
Seguin, Bos	26	34	60
Datsyuk, Det	17	43	60
Filppula, Det	23	36	59
P.Kane, Chi	19	40	59
Zetterberg, Det	18	41	59
Wheeler, Wpg	17	42	59
Couture, SJ	30	28	58
Pacioretty, Mtl	30	28	58
O.Jokinen, Cal	21	37	58
Ryder, Dal	32	25	57
Toews, Chi	29	28	57
Marleau, SJ	27	30	57
Benn, Dal	22	35	57
Purcell, TB	20	37	57
Erat, Nash	18	39	57
Ribeiro, Dal	16	41	57
Perry, Ana	35	21	56
Ovechkin, Wash	32	24	56
Vrbata, Phx	30	26	56
B.Richards, NYR	23	33	56
P.Bergeron, Bos	19	37	56
Desharnais, Mtl	16	39	55
Lucic, Bos	23	31	54

Not including last night's games

SOCCER

ENGLAND

PREMIER LEAGUE

Yesterday's results
Manchester City 2 Chelsea 1
Everton 0 Arsenal 1
Queens Park Rangers 3 Liverpool 2
Tottenham 1 Stoke 1

LEAGUE CHAMPIONSHIP

Yesterday's results
Blackpool 3 Leicester 3
Cardiff 2 Coventry 2
Ipswich 1 Burnley 0

FRANCE

FRENCH CUP

Quarter-finals
Gazelec Ajaccio 1 Montpellier 0
Paris Saint-Germain 1 Lyon 3
Valenciennes 1 Rennes 3

GERMANY

GERMAN CUP

Semifinals
Borussia Moenchengladbach 0 Bayern Munich 0 (extra time)
(Bayern advanced 4-2 on penalties)

ITALY

ITALIAN CUP

Semifinals
Napoli 2 Siena 0
(Napoli advances on 3-2 aggregate)

SCOTLAND

SCOTTISH CUP

Sixth Round
Replay
St. Mirren 0 Hearts 2

SPAIN

LA LIGA

Yesterday's results
Atletico Madrid 2 Athletic Bilbao 1
Sporting Gijon 2 Mallorca 3
Valencia 1 Zaragoza 2
Villarreal vs. Real Madrid

MLS

EASTERN CONFERENCE

	W	L	T	Pts	GF	GA
Kansas City	2	0	0	6	4	0
Houston	2	0	0	6	2	0
Chicago	0	0	1	1	1	1
Montreal	0	1	1	1	1	3
Toronto	0	1	0	0	1	3
Columbus	0	1	0	0	0	2
Philadelphia	0	2	0	0	2	5
D.C.	0	2	0	0	1	4
New York	0	2	0	0	1	4
New England	0	2	0	0	0	4

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
Real Salt Lake	2	0	0	6	5	1
Colorado	2	0	0	6	4	1
Vancouver	2	0	0	6	3	0
Portland	1	0	1	4	4	2
Dallas	1	0	1	4	3	2
Seattle	1	0	0	3	3	1
Los Angeles	1	1	0	3	4	4
San Jose	1	1	0	3	1	1
Chivas USA	0	2	0	0	0	2

Tomorrow's game
Houston at Seattle, 10 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Chicago	38	10	.792	—
d-Miami	34	11	.756	2½
Orlando	29	18	.617	8½
d-Philadelphia	26	20	.565	11
Indiana	26	18	.591	10
Atlanta	26	20	.565	11
Boston	24	21	.533	12½
New York	22	24	.478	15
Milwaukee	21	24	.467	15½
Cleveland	17	26	.395	18½
Detroit	16	29	.356	20½
Toronto	15	31	.326	22
New Jersey	15	32	.319	22½
Washington	10	34	.227	26
Charlotte	7	37	.159	29

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	34	12	.739	—
d-San Antonio	29	14	.674	3½
d-L.A. Lakers	28	18	.609	6
L.A. Clippers	26	19	.578	7½
Dallas	27	20	.574	7½
Memphis	25	19	.568	8
Denver	25	21	.543	9
Houston	25	22	.532	9½
Utah	24	22	.522	10
Phoenix	23	23	.500	11
Minnesota	23	24	.489	11½
Portland	21	25	.457	13
Golden State	18	25	.419	14½
Sacramento	17	29	.370	17
New Orleans	11	34	.244	22½

d-division leader
Last night's results
Chicago at Toronto
Phoenix at Orlando
New York at Philadelphia
Cleveland at Atlanta
Washington at New Jersey
L.A. Clippers at Oklahoma City
Golden State at New Orleans
Minnesota at San Antonio
Detroit at Denver
L.A. Lakers at Dallas

CURLING

WOMEN'S WORLD CURLING CHAMPIONSHIP

At Lethbridge, Alta.

Country (Skip)	W	L
South Korea (JS.Kim)	6	1
Sweden (Sigfridsson)	5	2
Canada (Nedohin)	5	2
Switzerland (Ott)	5	2
U.S. (Pottinger)	3	4
Scotland (Muirhead)	3	4
Germany (A.Schopp)	3	4
Russia (A.Sidorova)	3	4
Denmark (Nielsen)	3	4
Czech Republic (Klimova)	2	5
Italy (Gaspari)	2	5
China (B.Wang)	2	5

ROUND ROBIN
Yesterday's results
Draw 12
South Korea vs. Canada; Italy vs. Switzerland; Czech Republic vs. U.S.; Sweden vs. China.
Draw 13
China vs. Scotland; U.S. vs. Russia; Switzerland vs. Denmark; Canada vs. Germany.
Draw 14
Denmark vs. Italy; Germany vs. South Korea; Scotland vs. Sweden; Russia vs. Czech Republic.

MLB

SPRING TRAINING

Yesterday's results
Minnesota 7 Detroit 3
St. Louis 2 N.Y. Mets 1
Pittsburgh 6 Boston 5
Toronto 6 Baltimore 3
Atlanta 3 Washington 2 (10 inn.)
N.Y. Yankees 5 Tampa Bay 2
Chicago White Sox vs. Seattle
San Francisco vs. Cleveland
San Diego 3 L.A. Dodgers 0
Oakland vs. Kansas City
Milwaukee vs. Arizona

BLUE JAYS 6, ORIOLES 3

Toronto	ab	r	h	bi
R.Davis cf	3	0	0	0
Gose cf	1	1	0	0
Vizquel ss	3	0	2	0
Valbuena ss	2	0	0	0
Arencibia c	3	1	1	1
Bocock 3b	2	0	1	2
Lind 1b	3	0	0	0
Woodward pr-1b	1	0	0	0
B.Francisco rf	4	0	0	0
Snider lf	2	1	1	0
R.Nanita lf	1	1	1	0
Y.Gomes 3b-c	4	1	2	1
Cooper dh	2	1	0	0
McCoy 2b	3	0	0	0
J.Diaz 2b	0	0	0	1
Hester ph-dh	1	0	0	0
Andino 2b	3	0	0	0
J.Ruettiger cf	1	0	1	0
Totals	**34**	**6**	**8**	**5**

Baltimore	ab	r	h	bi
En.Chavez rf	2	2	2	0
R.Flaherty 1b	2	0	0	0
Hardy ss	3	0	2	0
Tolleson pr-ss	1	0	0	0
Betemit 1b	1	0	0	1
S.Beerer rf	1	0	0	0
Ad.Jones cf	3	1	2	2
Antonelli 2b	1	0	0	0
Wieters c	3	0	0	0
R.Paulino c	1	0	0	0
Mar.Reynolds 3b	3	0	0	0
B.Britton 3b	1	0	1	0
Reimould lf	3	0	1	0
G.Davis lf	1	0	0	0
C.Davis dh	3	0	0	0
Totals	**34**	**3**	**9**	**3**

Toronto	011	000	004	6
Baltimore	101	001	000	3

E—Strop (1). DP—Toronto 1, Baltimore 1. LOB—Toronto 7, Baltimore 7. 2B—Vizquel (2), Snider (5), Y.Gomes (4), Reimold (2). HR—Arencibia (4), Ad.Jones (2). SB—Gose 2 (3), Ad.Jones (1). SF—J.Diaz, Betemit.

	IP	H	R	ER	BB	SO
Toronto						
Drabek	3 1-3	3	2	2	2	3
L.Perez	1 2-3	2	0	0	0	0
Cordero	1	2	1	1	0	1
Janssen	1	0	0	0	0	0
Hoey W,1-0	1	0	0	0	0	0
R.Uviedo S,1-1	1	2	0	0	0	3
Baltimore						
Tom.Hunter	5	5	2	2	2	2
Ayala	1	0	0	0	0	0
Lindstrom	1	0	0	0	0	1
Patton	1	0	0	0	1	0
Strop L,0-1 BS,1-2	1-3	2	4	1	1	0
S.Pomeranz	2-3	1	0	0	0	0

HBP—by Patton (Lind). WP—Strop.
T—2:48. A—6,243 (7,500).

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EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Philadelphia	10	6	4	.600	115	125	—
Rochester	10	5	5	.500	126	120	1
Buffalo	10	4	6	.400	127	129	2
Toronto	10	4	6	.400	118	129	2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Colorado	10	8	2	.800	130	119	—
Calgary	10	7	3	.700	135	109	1
Minnesota	9	5	4	.556	113	105	2½
Washington	10	3	7	.300	101	121	5
Edmonton	9	2	7	.222	98	106	5½

Tomorrow's game
Philadelphia at Colorado, 9 p.m.
Saturday's games
Toronto at Rochester, 7:30 p.m.
Buffalo at Calgary, 9 p.m.
Washington at Edmonton, 9 p.m.

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Radulov finally returns to Nashville

NHL. 'It's about time,' says Russian forward as he rejoins team that drafted him in 2004

Alexander Radulov has rejoined the Nashville Predators after four years playing in Russia in the KHL. How quickly he fits back in remains to be seen.

"Nine games is enough — hopefully," Predators coach Barry Trotz said after Radulov's first practice Wednesday morning.

For a situation frozen since Radulov bolted back home to Russia to be the face of the Kontinental Hockey League, it's been a whirlwind over the past two days that the Predators hope propel them to their first Stanley Cup.

Radulov arrived in Nashville on Tuesday night and was picked up at the airport by general manager David Poile. The Predators lifted their suspension of the forward Wednesday morning, then gave him his old No. 47 at a news conference before he hit the ice on a team that still has six teammates from his first stint in Nashville.

He said "it's about time" he returned to the NHL.

The Predators held that number for Radulov hoping the 15th pick overall in the 2004 draft would return eventually.

"It certainly wasn't fun in 2008 when he left. That wasn't a good thing," Poile said. "Maybe now this is a real good thing. Maybe now we get back a more finished product, a more mature person and player and maybe this works out really good for us. That's certainly what I'm hoping."

The Predators lost in the second round of the Western Conference playoffs last season, and Poile brought in defenceman Hal Gill and forwards Andrei Kostitsyn and Paul Gaustad at the trade deadline trying to plug holes. Nashville ranks fourth in the Western Conference with nine games left, trailing St. Louis by eight points both in the Central Division and for first in the West.

"He's a superstar," defenceman Ryan Suter said of Radulov. "He plays hard and has got a great shot, and it's fun to be out there with him."

Radulov left in July 2008 after signing a three-year contract with the KHL's Salavat Yulayev Ufa despite having a year left on his entry contract with the Predators. Nashville suspended him indefinitely in September 2008, though Poile stayed in touch trying to convince the right-winger to return.

"We knew you'd be back," Poile said as he presented Radulov the team's redesigned sweater with his old number.

Trotz said his team leaders were excited at having Radulov back, and the coach already has noticed a different player.

"He's more mature in everything in terms of he's bigger. He's smarter. He's more hockey savvy with more poise," Trotz said. "So yeah he's an improved version which is great because he was a good version when he was here."

Captain Shea Weber had stayed in touch with Radulov by phone and in person at world hockey championships and other events.

"Obviously, we were hoping he'd eventually come back, and now he's here and it's exciting," Weber said.

THE ASSOCIATED PRESS

Predators forward Alexander Radulov stretches with teammates on Wednesday. MARK HUMPHREY/THE ASSOCIATED PRESS

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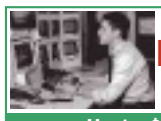

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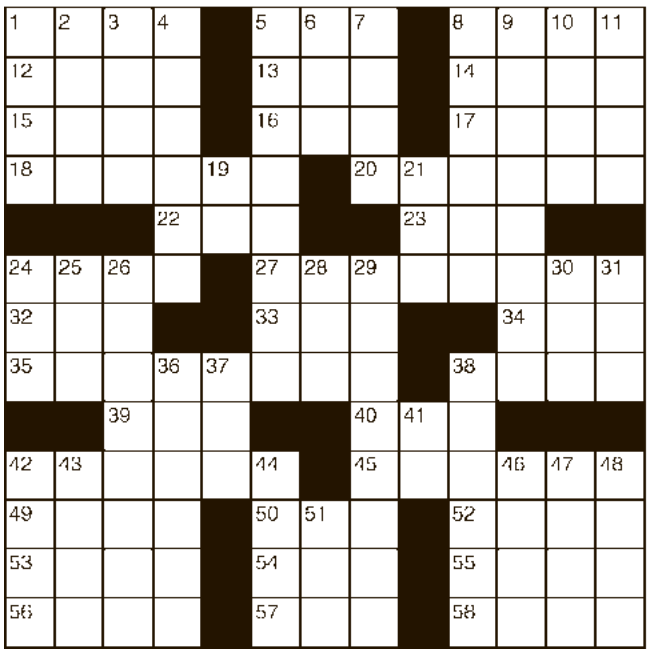
Crossword

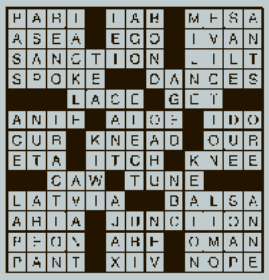


Across
1 Sleeping
5 "Avatar" technology (Abbr.)
8 Reverberate
12 Georgia city
13 Young fellow
14 Thick chunk
15 Poetic foot
16 Work with
17 Remedy
18 Wood nymphs
20 Meager
22 Deterioration
23 Annoy
24 Harbor structure
27 "The Defiant Ones" duo
32 Web address
33 Prot. or Cath.
34 Genetic letters
35 Breach in a levee
38 "Hey, you!"
39 Have a bug
40 Way back when
42 "Lord Jim" author
45 Soft fabric
49 Neighborhood
50 Haven't paid yet
52 Early primary state
53 Dave of "Mad" magazine
54 Rowing need
55 Dance lesson
56 Not good, not bad
57 "— Doubtfire"
58 Dame Myra at the piano

Down
1 Desertlike
2 Wild hog
3 TV trophy
4 Come ashore
5 Groups of grapes
6 Petrol
7 Mid-month date
8 Steep slope
9 Some old cars
10 Rodgers collaborator
11 Follow instructions
19 "— as I say ..."
21 Spy novel org.
24 French nobleman
25 Hockey great Bobby
26 Laundromat alternative
28 French possessive
29 Butchers' tools
30 Type measures
31 Perched
36 Shrew
37 — carte
38 Shine
41 "We Bring Good Things to Life" co.
42 Urban fleet
43 Sandwich cookie
44 Armageddon
46 November responsibility
47 Rams fans?
48 Spigots
51 Doves' aversion

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Yesterday's answer



Sudoku

3				4				8
	7			8			9	
9			5		6			3
2		7				1		5
		5	2		7	3		
4		1				9		2
7			6		4			9
	2			5			3	
8				3				6

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

1	6	3	4	7	9	8	5	2
4	5	8	3	2	6	1	9	7
2	7	9	5	1	8	6	3	4
7	1	4	2	6	3	9	8	5
6	9	2	8	5	7	3	4	1
8	3	5	1	9	4	7	2	6
3	2	7	6	8	5	4	1	9
9	8	1	7	4	2	5	6	3
5	4	6	9	3	1	2	7	8

Send a kiss

- **Baby.** I love you with all my heart. From the begining of art class listening to Guns and Roses to four years later in the begining of our adult lives. I can never imagine my life with out you. Im sorry for the few months of distance I shown you, but know I know more than ever I love you. Just as we always said Forever and Always. I Love You Baby From Doll Face :)
- **Barb.** Since you have come into my life I have been so happy. You have given me so much joy. Time spent with you is never boring, we laugh and carry on, we enjoy the same things, thank you for rescuing me. I hope to spend the rest of my days with you. From the blues man
- **Fever.** Are you saying i've got a fever for you, you are not nice to me? or that's really you have a fever? I do not know. from me?
- **My Miss.** Im so happy my dove didnt fly away till tommorrow I love you<3 From <3
- **Everyone.** So many love stories, so many parallel stories. Makes me wonder. From Goodluck

Horoscope

♈ Aries | March 21 - April 20. This is a special time for you and today's new moon will make it more special still.

♉ Taurus | April 21 - May 21. Today you will be asking yourself why you said certain things or made certain decisions. Even if you won't find the answer, it's OK as long as you're thinking.

♊ Gemini | May 22 - June 20. This is an important day for your ideas and your beliefs and the way that you interact with the world.

♋ Cancer | June 21 - July 22. Today's new moon will give your personality added confidence and fizz. You are sure to make some kind of breakthrough.

♌ Leo | July 23 - Aug. 22. Not everyone will approve of what you are planning to do but that just makes it even more attractive.

♍ Virgo | Aug. 23 - Sept. 22. Today's new moon will inspire you to start something new but the only way you'll find time for it is if you let go of something old.

♎ Libra | Sept. 23 - Oct. 22. Even if you make it clear that you are not remotely interested in someone else's opinions they will still make sure you hear all about it.

♏ Scorpio | Oct. 23 - Nov. 21. It is of the utmost importance that you take time out of your busy schedule to reassure loved ones.

♐ Sagittarius | Nov. 22 - Dec. 21. Very soon you'll have to knuckle down to some work, but for now it's all about fun.

♑ Capricorn | Dec. 22 - Jan 20. Make sure loved ones know what you think and how you feel. Make sure you know their views.

♒ Aquarius | Jan. 21 - Feb 18. Travel and social plans may be disrupted today but that's okay because you will gain more than you lose. Take it as it comes.

♓ Pisces | Feb. 19 - March 20. This is the ideal time to confront certain feelings that you have been trying hard to deny.

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